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February 2006

Cake

CRAFT & DECORATION

Heart's Desire

Be My Valentine

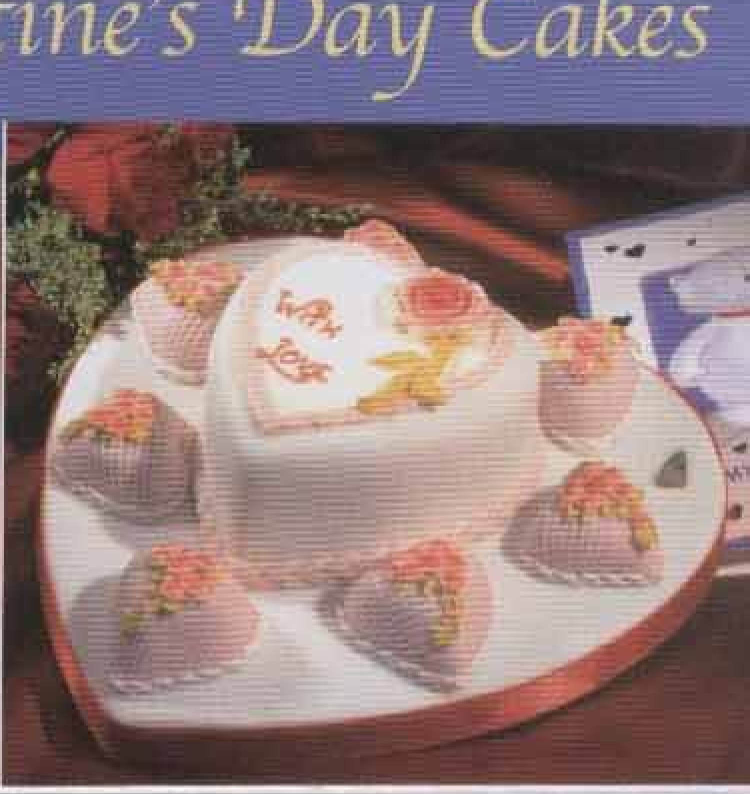
New Series Indian Wedding Cakes

Gothic Floral Orchid

Hearts and Cherubs

Extension Work and Anemones Wedding Cake

Romantic Valentine's Day Cakes



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Ingredients

Guest of the Month 2

Braid trimmed dainty heart cakes surround the central heart cake prettily decorated with the most romantic of flowers-the rose, made for you by Pat Trunkfield.

Taking Romance into the Stars 10

We welcome Pride Dube, a new contributor from Africa. Pride and Elsie-Adkins ask you to "Be My Valentine" with their funky hearts and stencil design.

Hat Trick 16

Brush embroidered lovebirds, simple cut-out people and creative sponging are amongst the skills Helen Sanderson uses on her 3 cakes which celebrate valentines day.

Floral Inspirations 22

Dizygotheca foliage and anthuriums are made by Jan Thomas and taped into a cake top arrangement complete with tubular hearts.

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The first of our wedding cakes this month is made by Ruth Wyld and it incorporates anemones, extension work and off set stacking, to make an inspiring cake.

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Hearts & Cherubs 46

The second wedding cake this month is by Jo Marcangelo and she uses cherubs and hearts to good effect.

From Craft to Cake 52

In part two of her series looking at popular crafts and how they can be put to good use in cake decoratin, Nadene Hurst concentrates on ribbon craft with a delicate sugar ribbon coated cake adorned with woven hearts.

Gothic Floral Orchid 58

Linda Wilson Barker uses the dramatic contrast of black and pink to create a cake for a modern younger woman.

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This month Valerie Hedgethorne has concentrated on delicious desserts for a romantic dinner for two.

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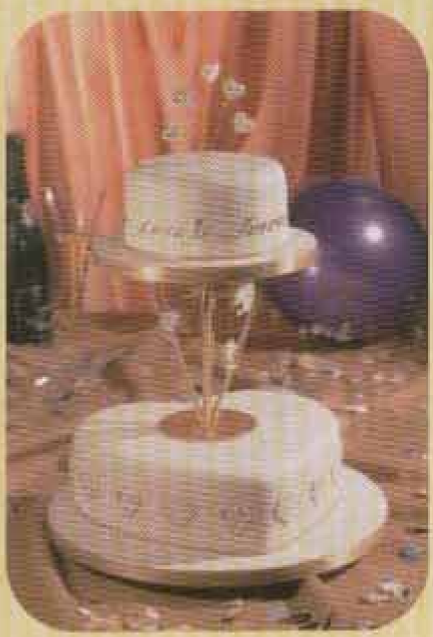
February

Welcome to our St Valentine's Day celebration issue.



Legend tells us that after Emperor Claudius had sentenced him to death for secretly marrying couples against the order of the state, St Valentine left a farewell letter for the girl who had stolen his heart. The note, written on February 14th, ended with the words "from your Valentine". Over the ensuing 1700 years this poignant gesture has developed in to the Valentine traditions we know today.

In this edition we pay homage to St Valentine with a wealth of heart shaped cake designs to inspire you to create a lovely surprise for a 'special' friend. Many of these cakes can be adapted for other occasions quite easily. And don't worry if you only have a small amount of time to prepare your treat, as our baking feature has some wonderful romantic dessert ideas.

For those of you looking for something a little different we have two of our more unusual projects. Amtul Knight's Mehndi cake is the first in a series of three designs in which she draws on Indian traditions, whilst Linda Wilson-Barker uses a 'contemporary gothic' theme for her cake, which might cater for the more modern Ms.

With a feature on our 2006 demonstration day, and another batch of give-aways and offers, I am sure there will be something this month for everyone to love.

Julie

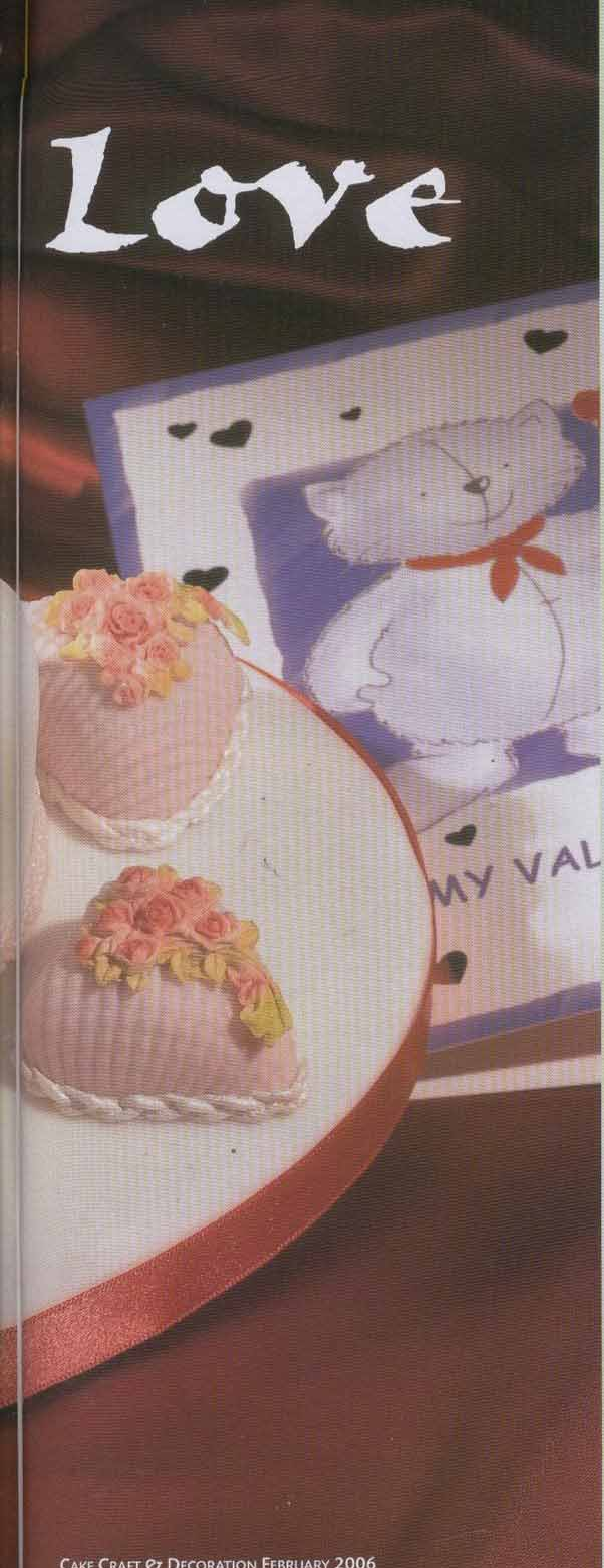
Julie Askew, Editor

ANGLO AMERICAN MEDIA

1 – Basic	2 – Simple	3 – Testing	4 – Advanced	5 – Expert

With

Love



by
Pat Trunkfield

Romance is in the air and there is no better way to say 'I Love You' than with hearts and roses-the traditional language of love.

Preparation
Coat the larger heart cake with white sugarpaste and place onto a pre-coated cake board.

YOU WILL NEED

- heart cake 10cm (4in) (springform mini heart pan)*
- heart cake drum 20cm (8in)
- 7 x heart mini muffins (petite heart pan)*
- white sugarpaste 500g (1lb)*
- white flower paste 100g (4oz)
- buttercream 100g (4oz)
- paste food colour pink*
- powder food colour, rose, red, spring green & white pearl (Sugarflair)
- aluminium ribbed/smocking rolling pin **
- single long stemmed silicone mould **
- dozen and rose bouquet **
- braided rope set **
- nesting heart set *
- wire cutter **

Knightsbridge PME Ltd
* Wilton Products
** PME Products

PREPARING THE SPONGE CAKES

1 You may need to trim the petite heart shape cakes to make sure that they are level and a good shape. Use a serrated knife and a sawing action and carefully remove any excess from the tops. Use a small sharp knife for the sides.

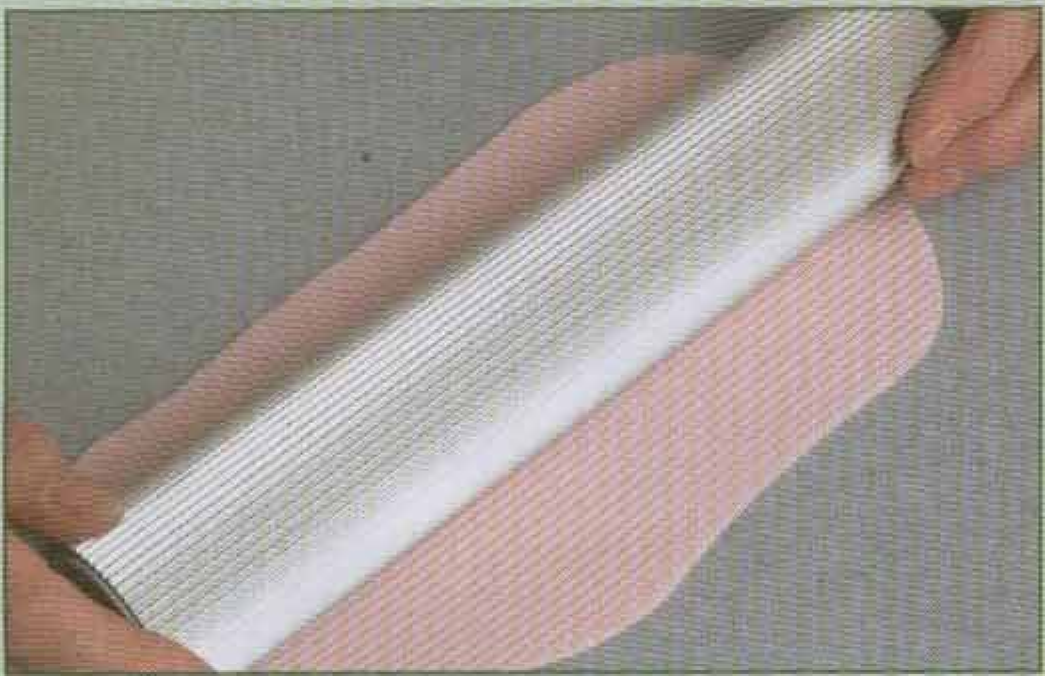
Cake Tip
CRAFT & DECORATION

It is very easy to over fill the petite heart shape pan with cake mixture, each cake only requires a teaspoon of cake batter.

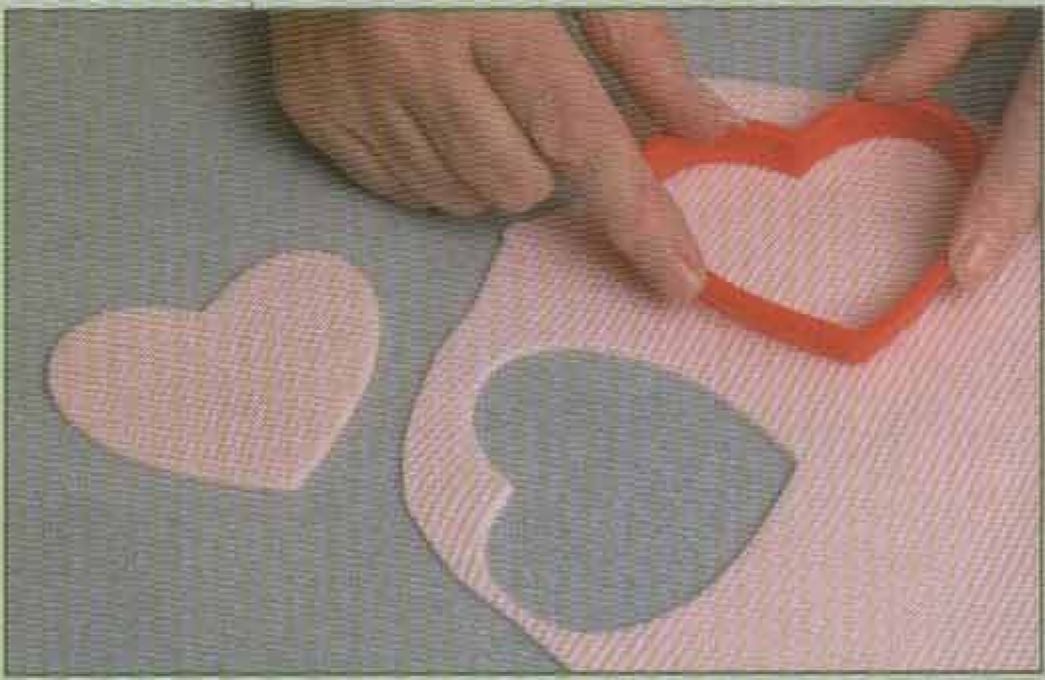
2 Coat the top and the sides of the cakes with a thin layer of buttercream. The use of buttercream will also help to obtain a smooth finish.

RIB ROLLING

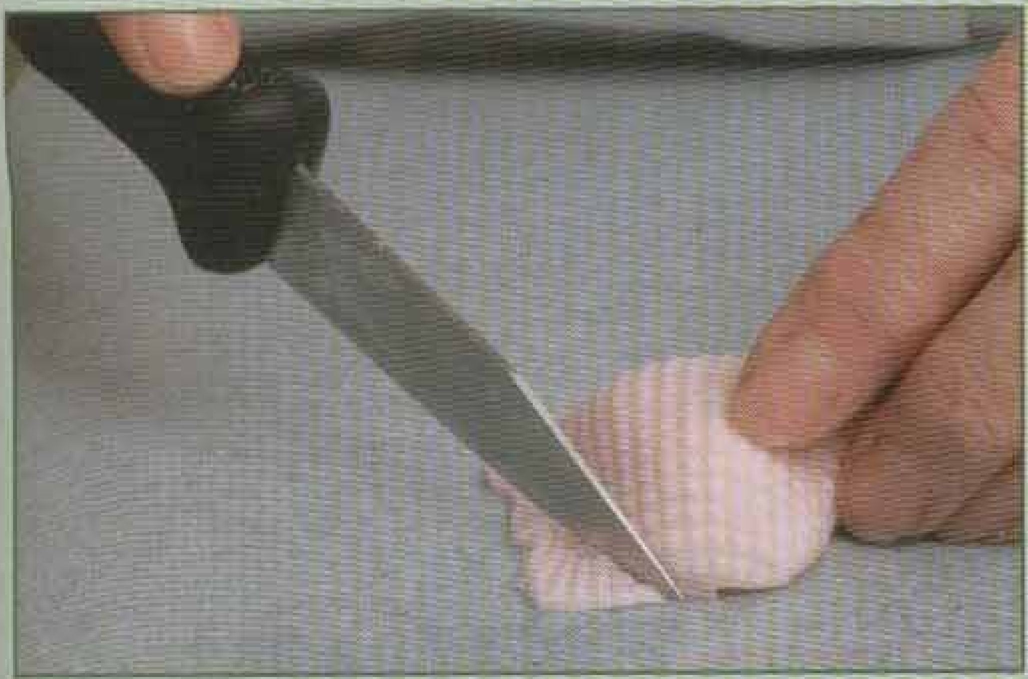
3 Roll out the pink sugarpaste on a dusting of icing sugar. Place the ribbed rolling pin on top of the paste, press firmly, and roll evenly across the surface.



4 To achieve the fine square textured design, place the rolling pin in the opposite direction and firmly roll once more across the paste.



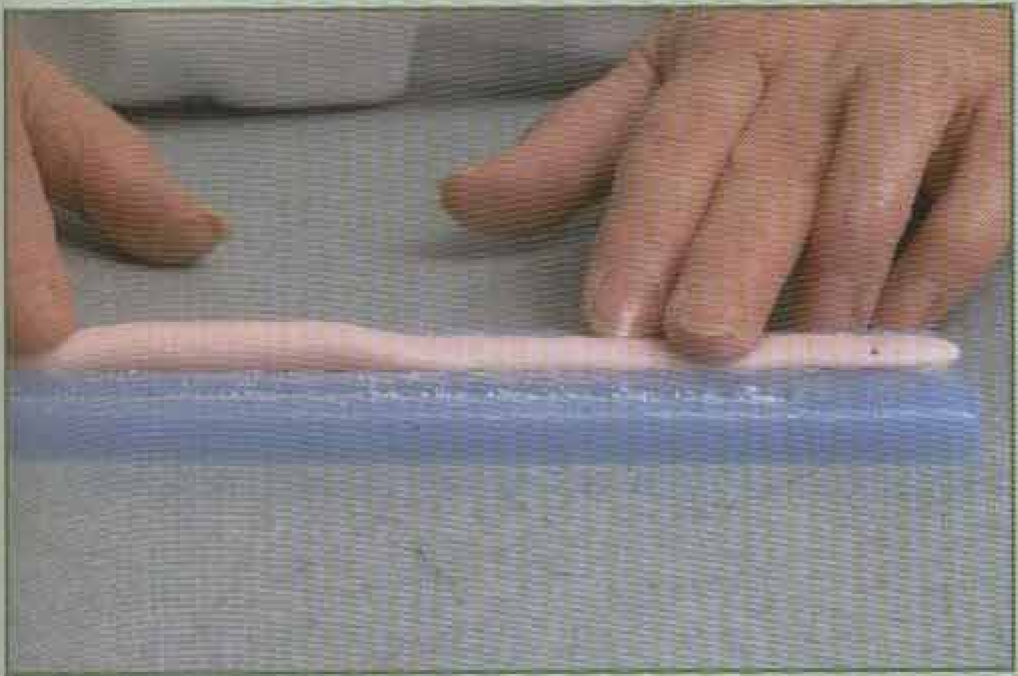
5 The easiest way to coat these small heart shaped cakes is to use one of the medium sized heart cutters to cut out the basic shape first.



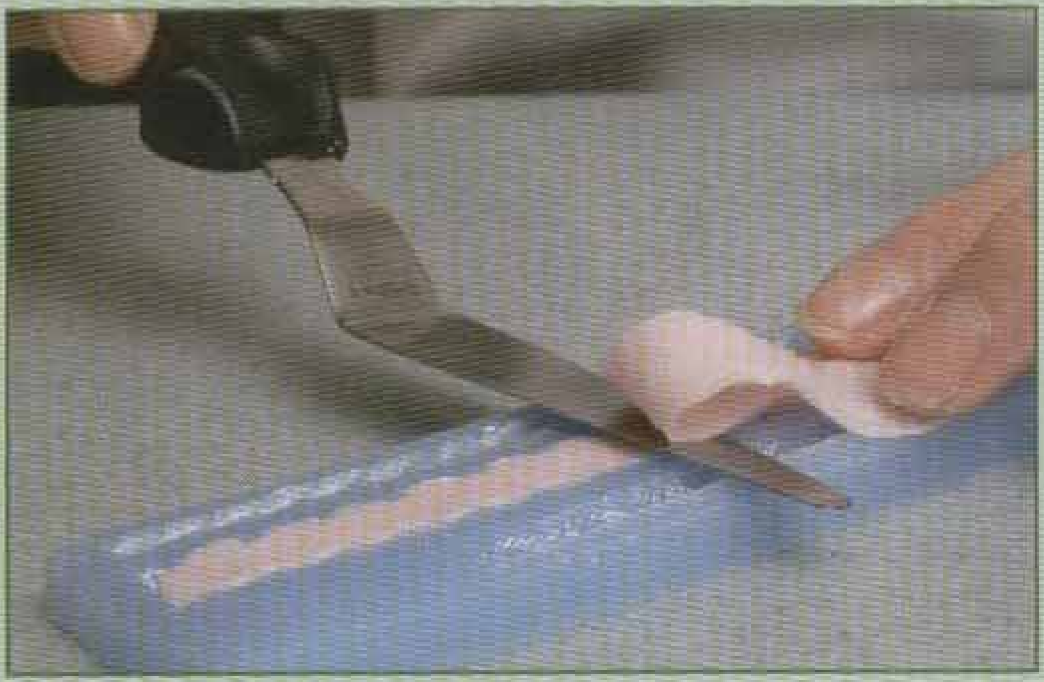
6 Place the paste over the cake and gently ease into shape. Trim any excess at the bottom of the cake with a knife and place the cakes to one side.

BRAIDING

7 Brush the mould with pearl white powder colour. Use pink sugarpaste and the larger braid design for the bottom border on the larger heart shape cake.

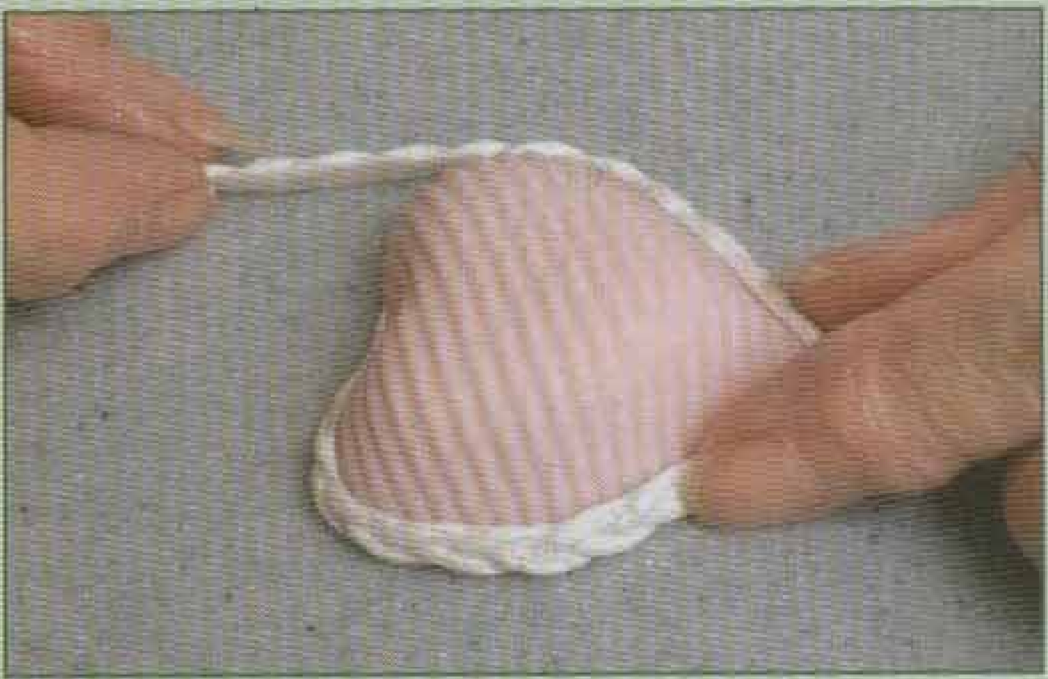


8 Roll the paste into a long smooth sausage shape and place into the mould. Firmly press the paste into position.



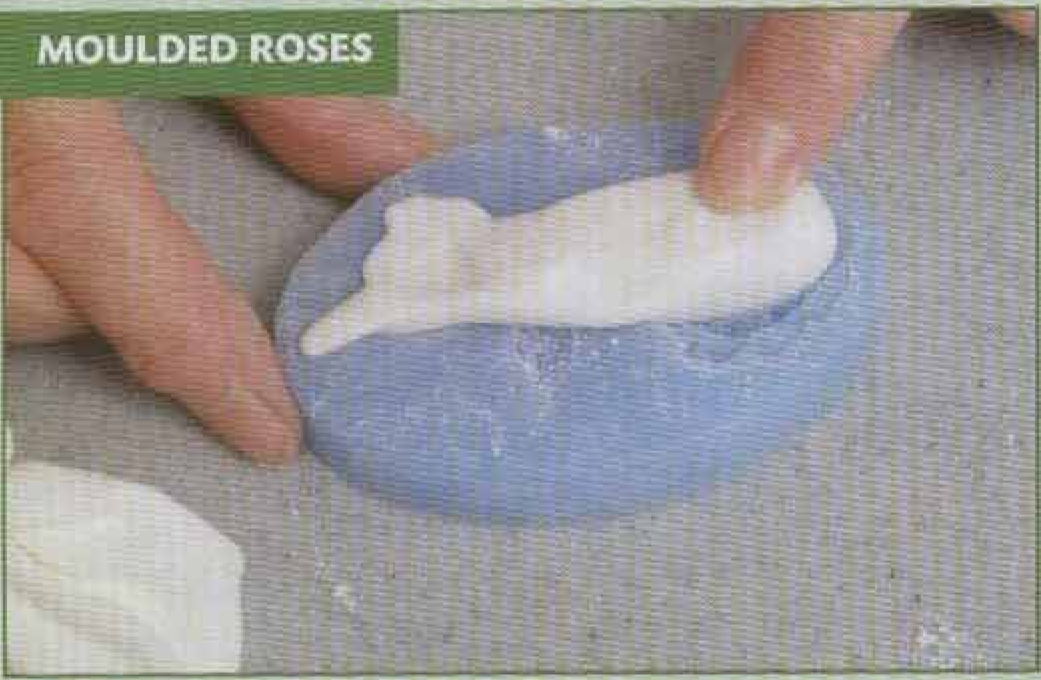
9 Use the wire cutter, begin at one end and trim away the excess paste. If you use a knife to trim the paste, choose a palette knife as this will not damage the mould.

10 Flex the mould to remove the paste. Brush the side of the cake with gum glue and attach the border to the base of the cake.

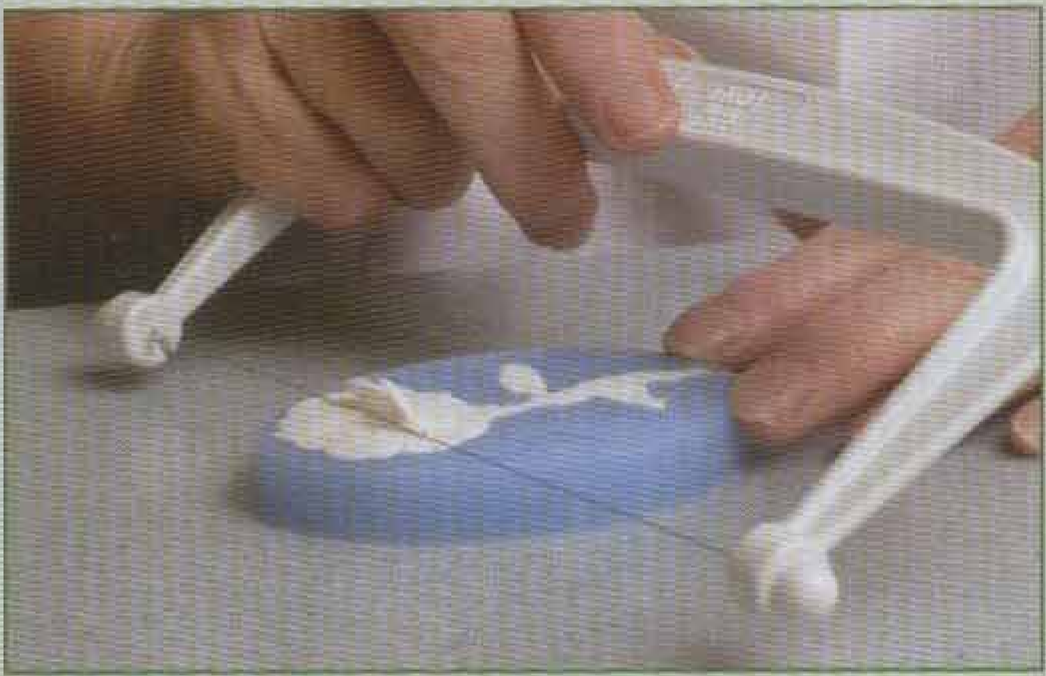


11 Use the finest of the moulded braid designs for the small hearts. Make these in the same way but with white flower paste for extra strength. Use the medium size braid design for the pink heart on the top of the cake.

MOULDED ROSES



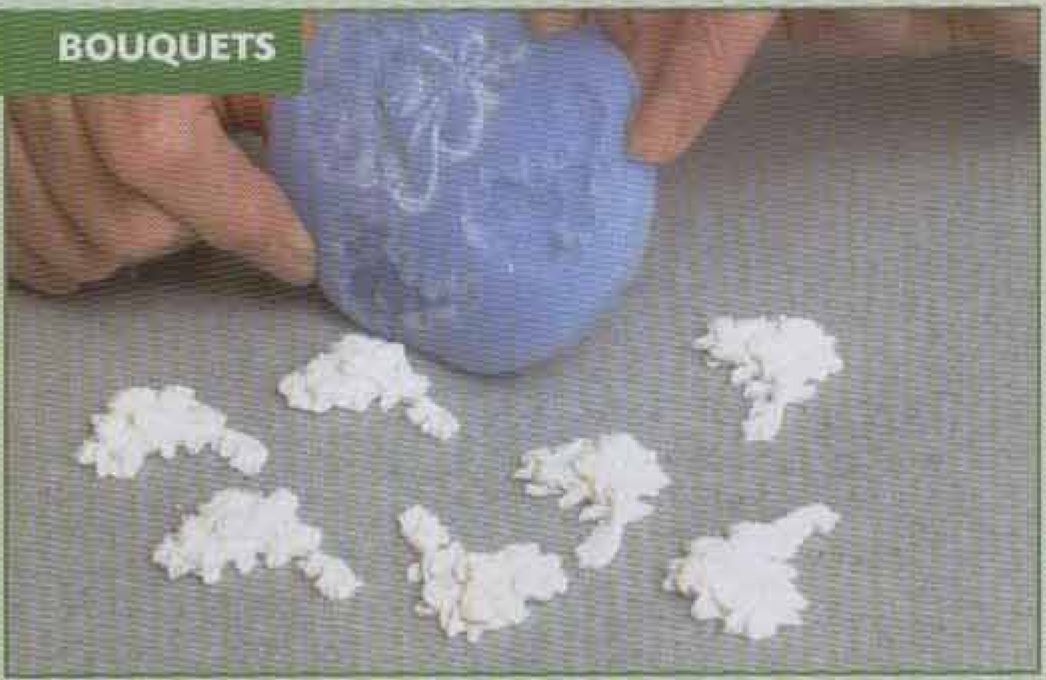
12 To prepare the moulded roses, lightly dust the moulds with cornflour. For the single rose, mould a small piece of flower paste into a cone shape and push firmly into the mould.



13 Trim off the excess paste with the wire cutter or a palette knife. Turn the mould over and press firmly onto the work surface. This will produce a flat surface and will give that added pressure to bring out the detail.

14 Flex the mould to release the paste, because the rose stem is so fine, release the paste from the bottom of the design. Slightly curve the rose stem to create a softer shape.

BOUQUETS



15 Make the bouquets of flowers with the smaller bouquet on the mould. You will need to prepare seven bouquets.

16 To highlight the moulded shapes use powdered colour and begin with the leaves and stems. Use a dry firm brush, remove excess colour and apply to the moulded shape. Brush from the outside edge inwards.

Cake Tip

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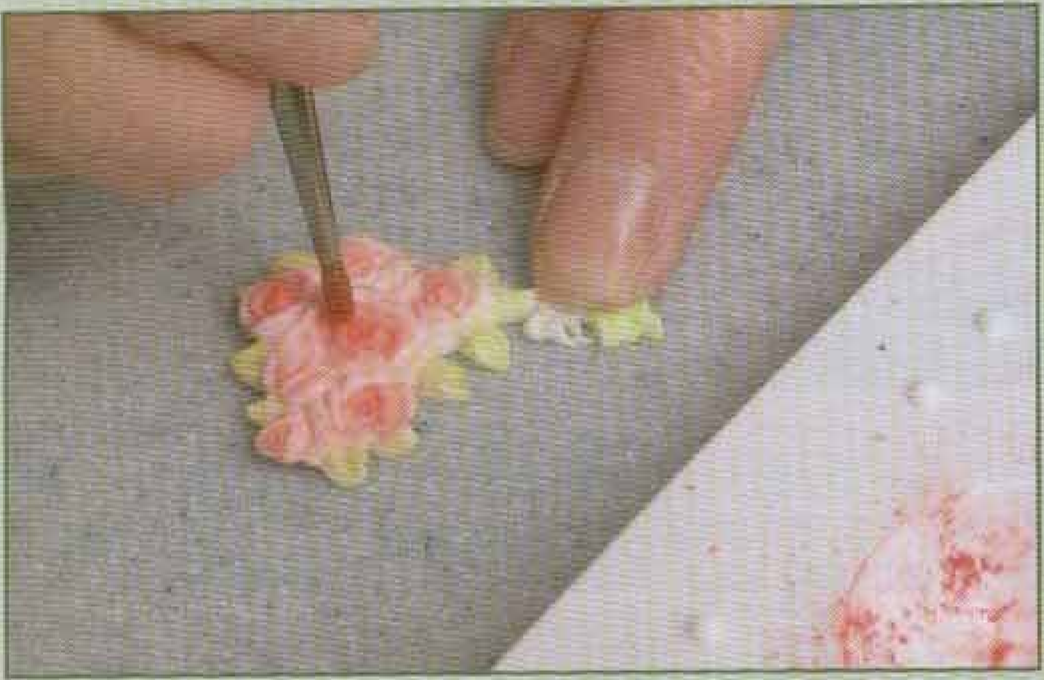
Although this cake has been prepared with Valentines Day in mind, it would also be ideal for an engagement cake.

17 For the roses, brush the rose powder lightly across the flower to give a pale pink hue with a flat brush.

18 With a small round brush, dust the centres of the roses. To soften and blend the colours together use a flat brush and white pearl colour lightly brushed across the flowers.



19 Use the red colour once more into the centres of the roses. Add a little red colour to shade and highlight the leaves and stems.

20 Place the moulded shapes onto the cakes. Pipe the inscription with a 1.5 icing tube and either royal icing or softened sugarpaste. Place the small cakes around the cake board.

ALTERNATIVE PRESENTATION

21 Small additional cakes are very fashionable at the moment and when used to decorate a larger cake and ideal as complete cakes ready to send to special relatives or friends unable to be at the celebration. These clear heart shape boxes are from a favour making kit that comes complete with net, ribbon and labels.

Taking Romance Into The Stars

by Elsie Stapylton-Adkins and Pride Dube

Elsie and Pride designed this cake together to create new possibilities not only for your romance, but also for your cutters!

YOU WILL NEED

- A red flower paste rose
- heart cake 25cm (10in)
- heart cake drum 36cm (14in)
- sugarpaste pink 1.5kg (1½ lb)
- marzipan 1.5Kg (1½ lb)
- flower paste red and white (JEM Tylose Recipe)
- white wires 24 and 26 gauge
- petal base*
- funky hearts and stars with stencil*
- tylose glue
- sponge foam
- heart ribbon cutter set 2*
- strip cutter number 2*
- small roller
- miniature heart cutter*
- small star cutter*
- silver lustre
- bubble roller*
- alphabet set*
- florist tape white
- tape cutter*
- roller pad*

* JEM Products

JEM TYLOSE RECIPE FOR FLOWER PASTE

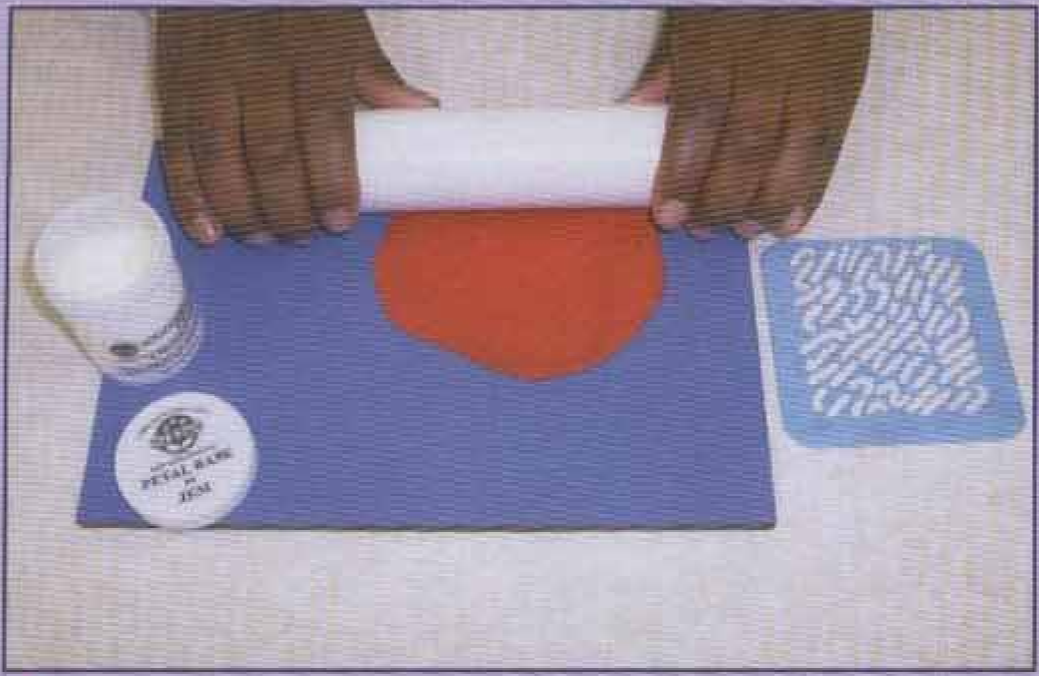
Egg White	35ml	Or	31g	Or	1 Egg White
Sifted Icing Sugar	250ml	Or	140g	Or	1 Cup
Tylose C 1000p	20ml	Or	11g	Or	2 Round tsp

Method

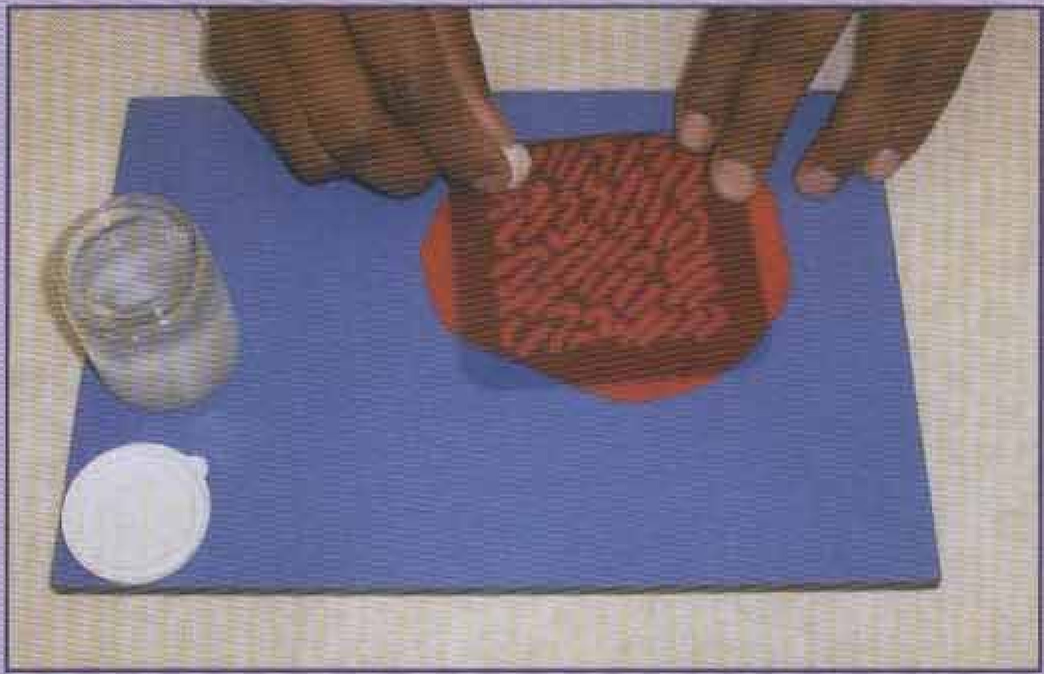
Lightly beat egg white. Add sifted icing sugar slowly until you achieve a soft peak consistency. Add the Tylose C1000p. The mixture will immediately thicken. Gradually add more sifted icing sugar to produce a pliable paste. Rub a little white petal base or white vegetable fat on your hands and work the paste thoroughly. Paste should be neither sticky nor too stiff. Store the paste in a sealed plastic bag inside a sealed plastic container. Paste is ready to use immediately.

Cake Tip

You can alter the texture of the JEM Tylose paste by adding a little sugarpaste to the mixture.

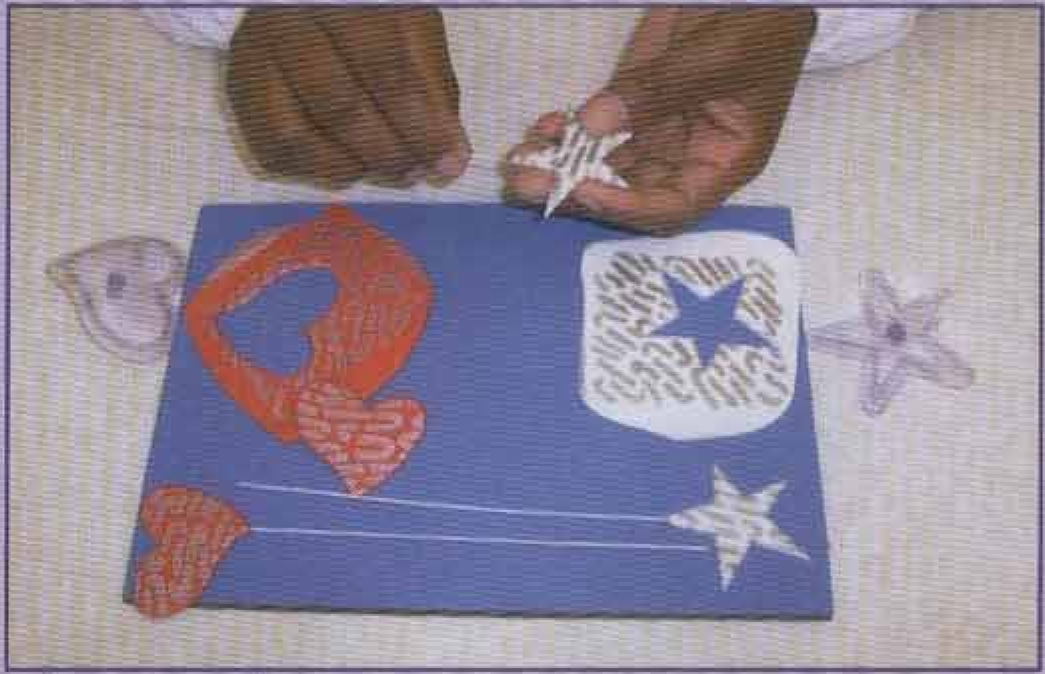


1 Roll out the red flower paste, approximately 1mm thick, to the size of the stencil.



2 Place the stencil over the paste. Apply a little Tylose glue evenly over the surface with a piece of sponge foam.

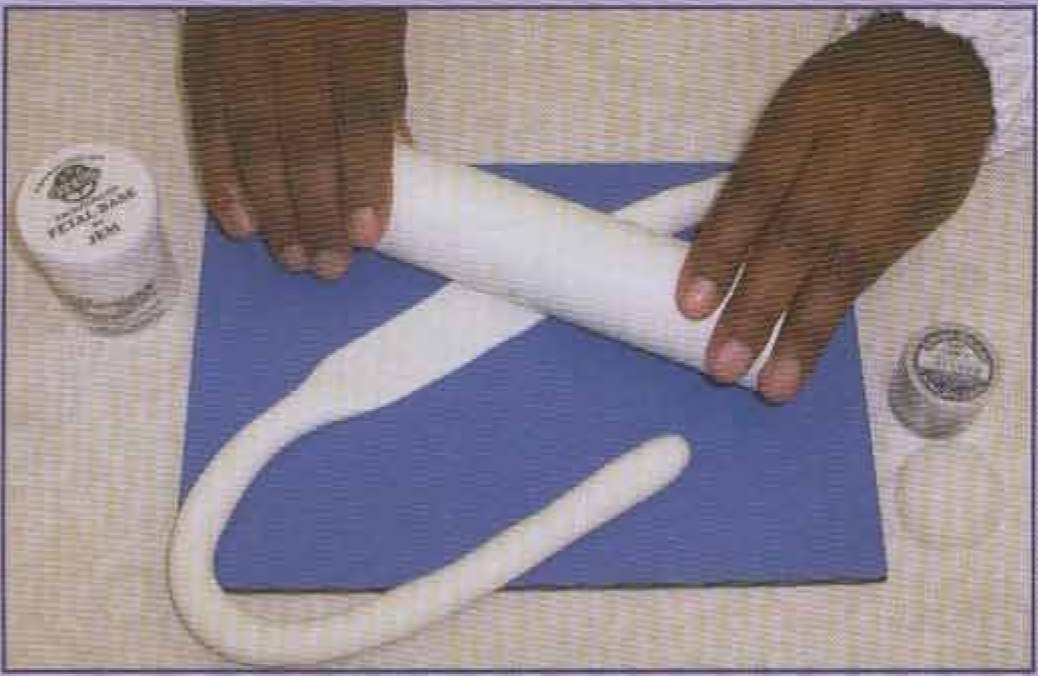
3 Keep the stencil in position and apply the lustre dust over the sticky surface.



4 Cut out the hearts in red and stars in white flower paste. Insert covered wire through the base of the hearts or stars. Allow to dry completely on a flat surface.

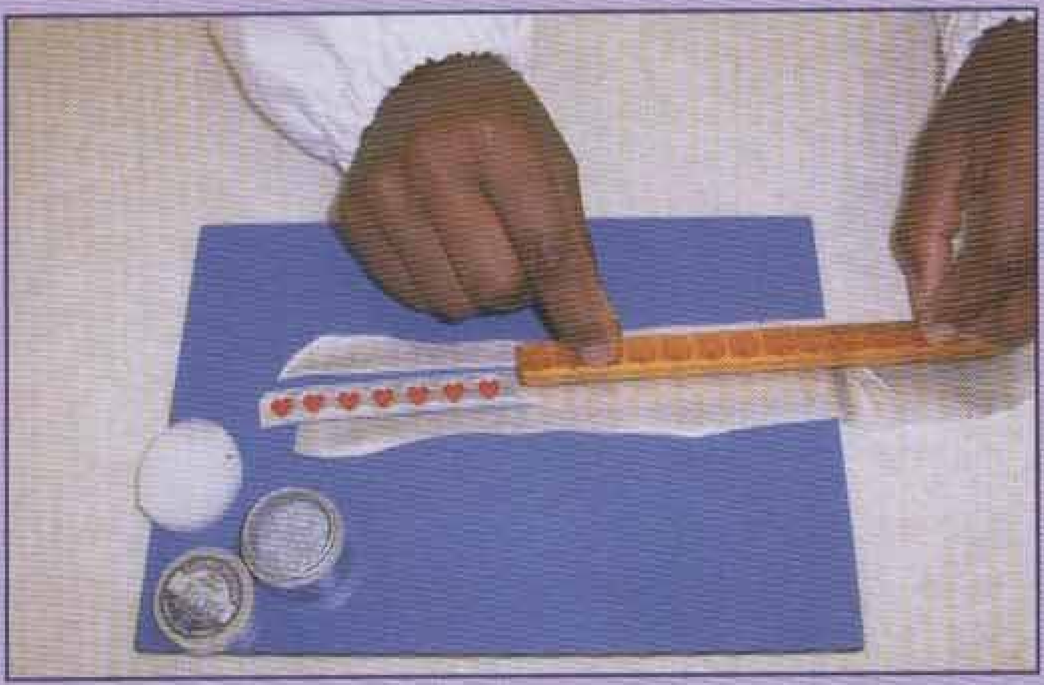
Cake Tip

To apply lustre to a stencil, work on wet flower paste with a little Tylose glue and sponge foam.



5 To make the flower paste ribbon around the base of the drum, roll a white sausage at least long enough to start at the point of the heart and meet at the kink in the heart. Cover with plastic film to prevent drying out. Dust with silver lustre dust.

6 To cut out the red hearts, use the ribbon cutter placed in the roller pad. Roll out the red paste and then place over the cutter and roll again. Use a ball tool to perforate the edge of the hearts; allow the hearts to remain in the cutter. Remove the excess red paste.

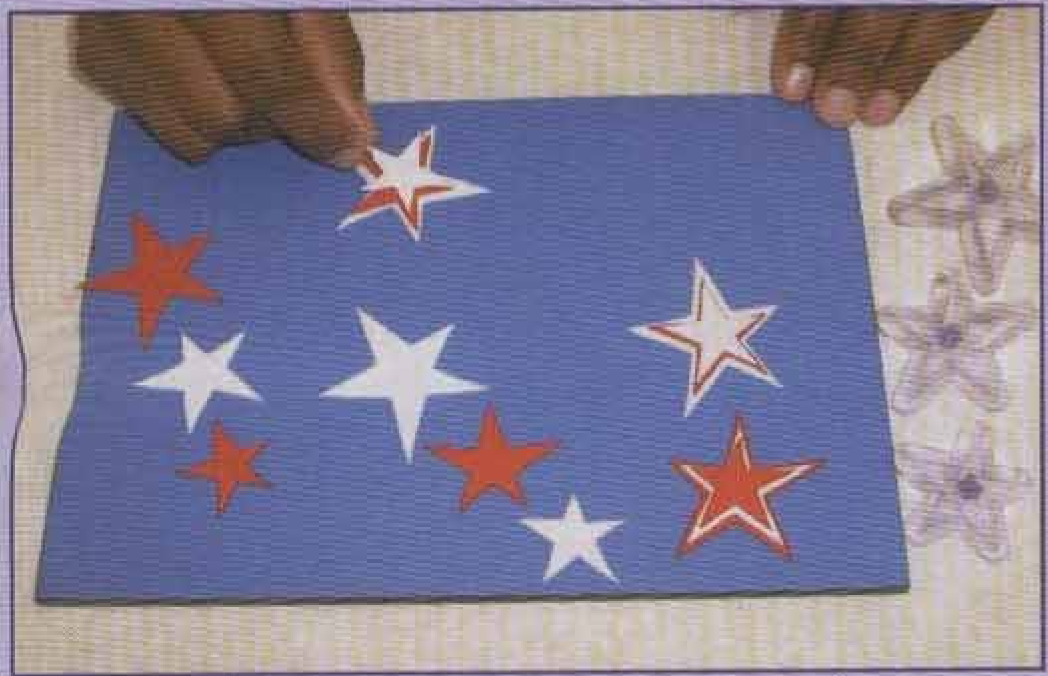


7 Place the cutter containing the red hearts over the rolled out length of paste, the red hearts will to stick on to the length of paste as you cut out the ribbon. Continue until you have sufficient ribbon for the drum base.

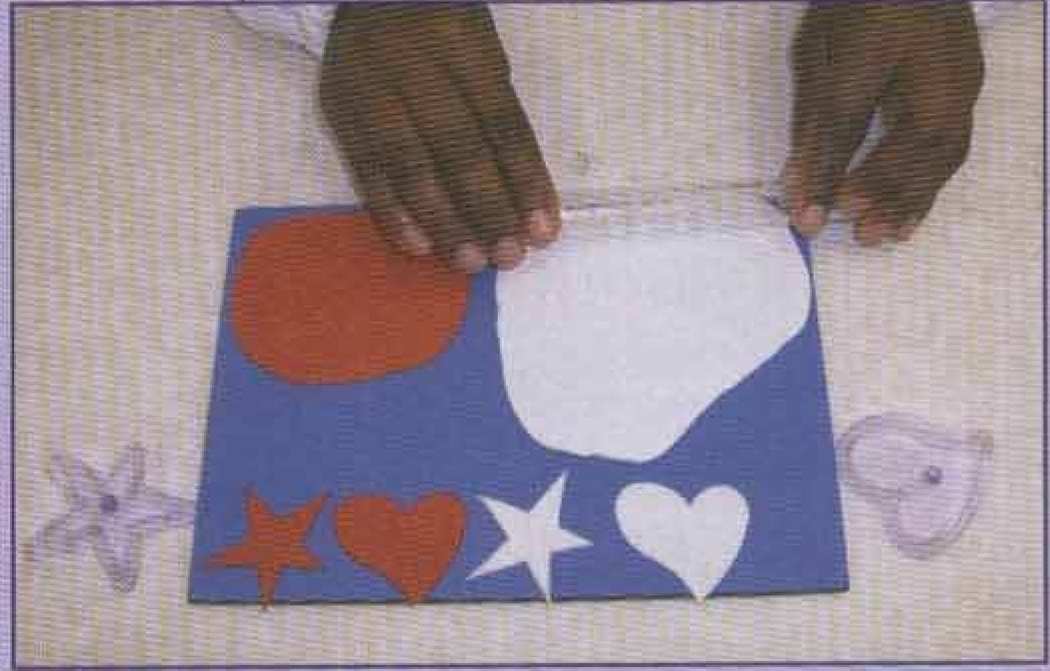
8 Use strip cutter number 2 to make the spiral streamers for the side of the cake. Curl over a small roller and allow to dry, before placing around the cake.

9 Use the alphabet set to write the message; the use of a roller pad simplifies this task. Use a pin to remove the lettering.

10 Cut out additional small hearts and stars in red and white and dust with silver lustre.



11 Cut out red and white stars in all three sizes and place one on top of the other for this exciting effect.



12 Use the bubble roller with these cutters, to produce some more simple ideas.

13 Use the frilling tool to create these effects.

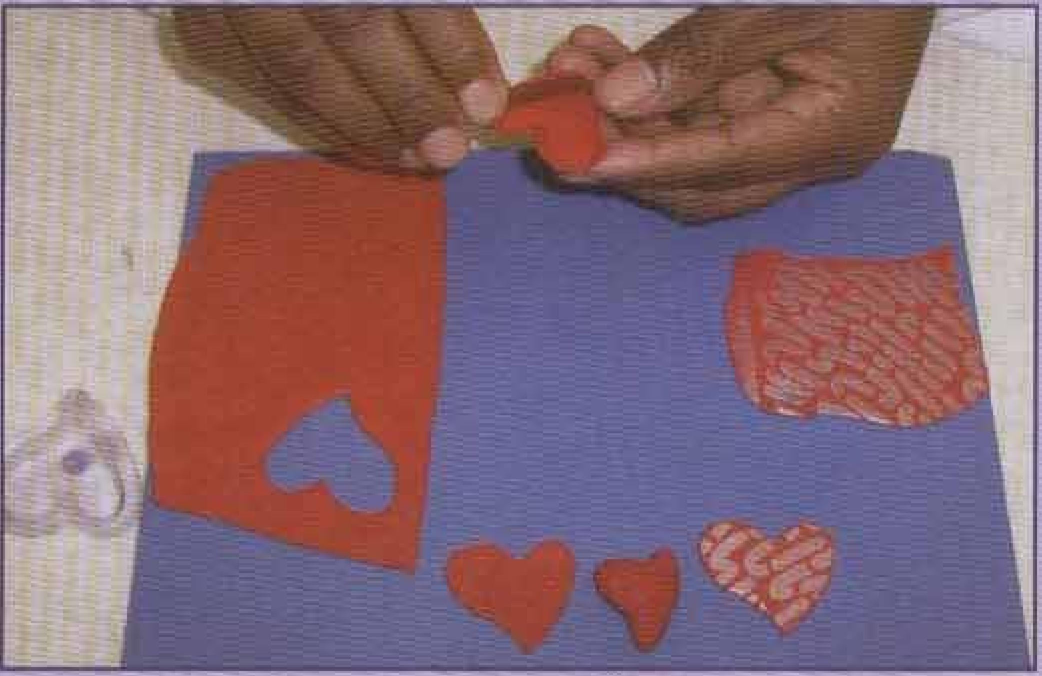
14 What about the possibilities of the double hearts cutter? Bend them over a right angle, or curve them over a cylinder.

Cake Tip

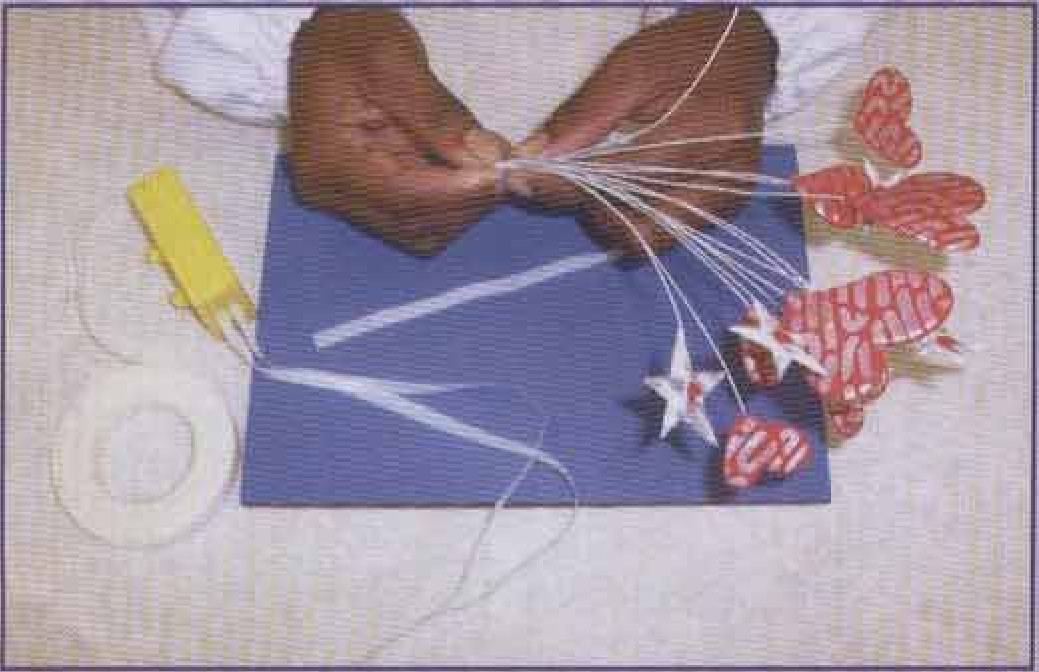
CRAFT & DECORATION

To prevent paste from drying out, keep it covered with cling film.

15 Keep the cut out hearts for extra decoration! Have fun!



16 To make a puffed heart cut out two hearts of the same size. Roll a little flower paste into a heart shape and cover this with the second heart. Stick together with a little tylose glue.

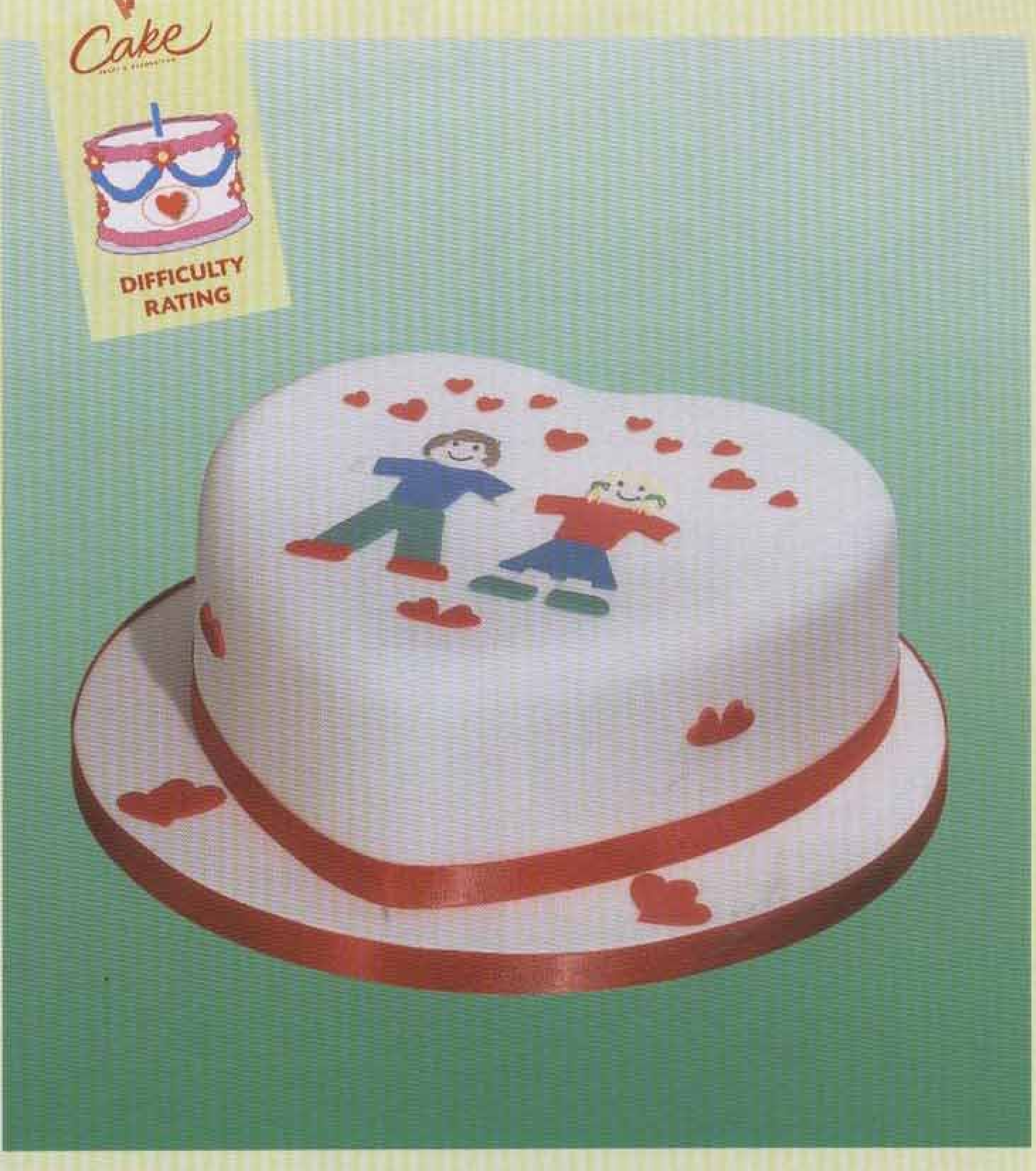


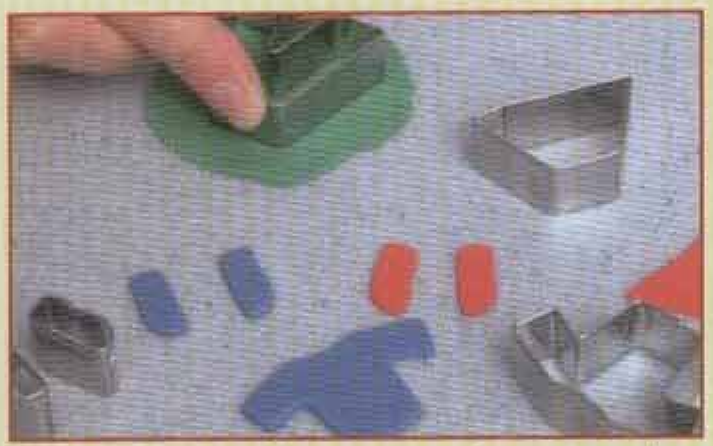
17 Tape together the hearts and stars with half width white tape. Remember to use a posy pick to insert the hearts and stars into the cake.

Hat Trick!

By
Helen Sanderson

You'd be either lucky, greedy, or both if you had three Valentines, but hopefully one of these lovely heart shaped cakes will give you a chance to make someone special a suprise from our Valentine inspired 'Hat Trick'.





1 Make a small amount of green and red sugarpaste. The blue is made from a mixture of navy and ice blue paste colour. Roll out the paste onto a non-stick board and cut out the clothes.

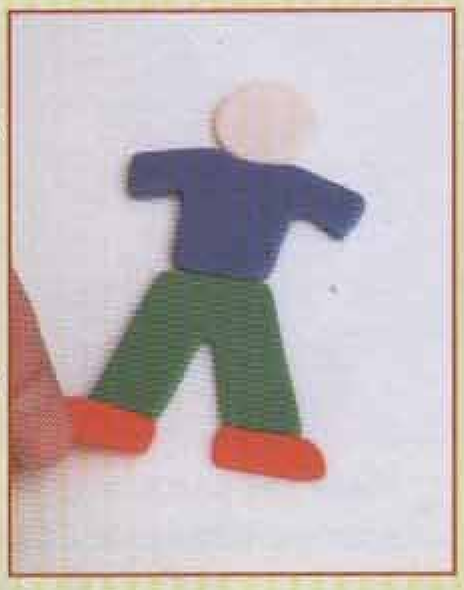
2 Cut out the shoe pieces from paprika coloured sugarpaste to produce the hands and legs. Cut off the pointed front end for the hands and leave the square back end for the legs. Cut out 2 heads from the same paste.

3 Cut out 8 small red hearts and 9 of the next size up. Cut out 4 larger hearts and remove a section from 2 to enable the hearts to interlock. Leave all the pieces to dry before you assemble.

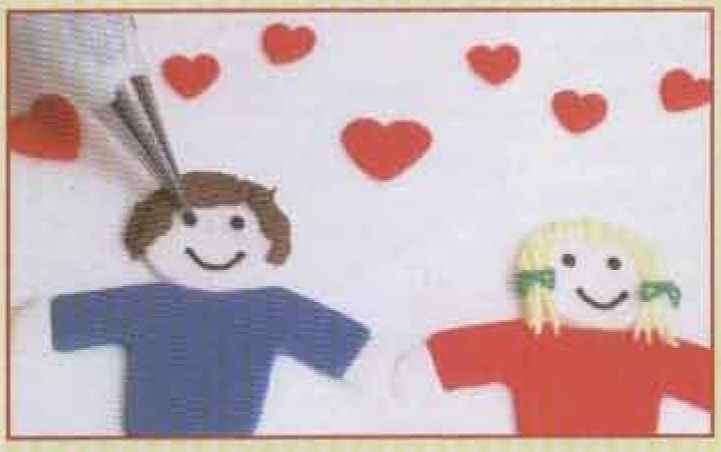
YOU WILL NEED

- heart cake 20cm (8in)
- cake drum round 28cm (11in)
- sugarpaste white 1.5kg (3lb)
- paste colours, red extra, holly green, navy, ice blue, primrose, dark brown,liquorice and paprika (Sugarflair)
- people cut-outs (Wilton)
- heart cutters 3 sizes (FMM)
- ribbon red
- non-stick board
- small rolling pin
- piping tubes numbers 0, 1 and 2
- small amount of royal icing

4 Wrap a length of ribbon around the base of the cake and secure at the back with a dot of royal icing.



5 Arrange the figures on top of the cake and attach with royal icing when you are happy with the design. Attach the hearts to the side of the cake and board.

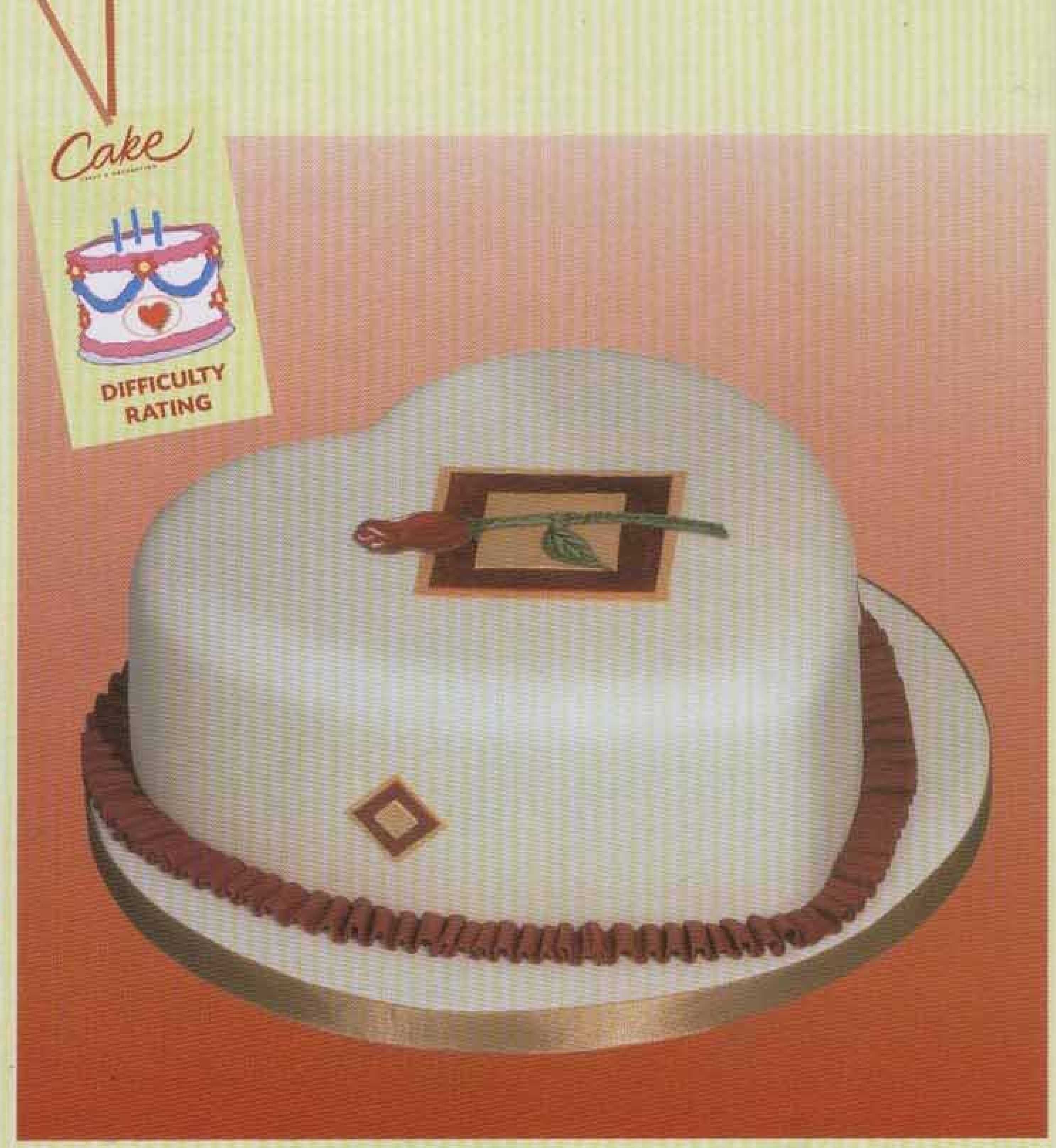


6 Pipe the girl's hair with primrose and a number 1 tube. The boy's hair has been piped with a number 2 tube and dark brown royal icing. Pipe the features with a number 0 tube and black royal icing.

1 Save 100g of sugarpaste and colour the rest to a pale lemon with the melon paste colour to cover the board and cake. Mix together the 100g of sugarpaste with an equal amount of flower paste and cut out the largest and smallest squares.

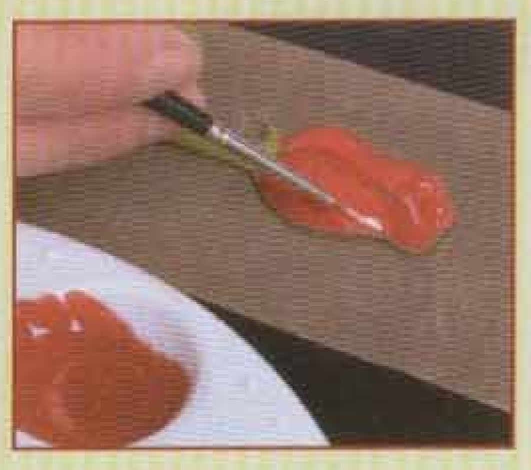
2 Whilst the squares are still damp, dust them with the gold dusting powder. Colour the remaining paste red and cut out the middle square. When dry, mix the red paste colour with water and sponge onto the square..Repeat, this time add a little aubergine to the mixture.

3 Pipe the outline of the rose onto the bake-o-glide with brown icing and a number 1 tube. Use the red powder to make the red run sugar and flood in the rose. Repeat with the fern liquid colour for the stem. Leave the rose to dry under a lamp.



YOU WILL NEED

- heart cake 20cm (8in)
- cake drum round 28cm (11in)
- sugarpaste white 1.5kg (3lb)
- royal icing
- flower paste
- paste colour, red extra, dark brown, melon and black (Sugarflair)
- dusting powder, brilliant gold (SK)
- dusting powder, red, burgundy and aubergine (Sugarflair)
- dusting powder, rainforest (EA)
- liquid colour, fern (Sugartint droplets)
- powder colour, red (House of Sugar)
- superwhite powder
- skewers
- square cutters
- number 1 piping tube
- sponge
- bake-o-glide
- isopropanol
- sugar glue
- sponge



4 Mix a little red and burgundy together with alcohol and paint the detail on the rose. Add a highlight with the superwhite. Repeat with the rainforest for the stem. Add a touch of black to the red paste and roll out a section of paste approximately 3cm x 24cm.

5 Place the paste onto a piece of sponge. Interleave 3 skewers in between the paste as shown and press the skewers together. Continue along the section of paste. Use a pizza wheel to divide the frill in half and attach to the base of the cake with sugar glue.

6 Attach the squares and rose to the top of the cake with royal icing. Make smaller squares as before and attach to the sides. Attach a gold ribbon around the board to complete.

1 Remove a section from the base of the cake so that the cake measures 1in at the front to the full height at the back. Cover both the cake and the board separately with sugarpaste coloured with ice blue.

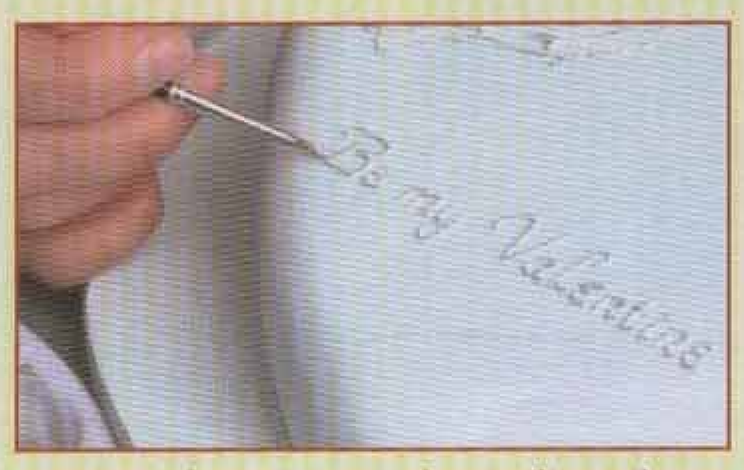
2 Trace the template onto greaseproof paper and with a scriber transfer the design onto the cake. Mix a small amount of piping gel into the royal icing into a bag fitted with a number 1 piping tube.

3 Always start with the part of the design that appears furthest away from you; in this case the back wing. Work on one feather at a time. Pipe the outline and brush down the centre with a number 2 brush. Use the brush to form the feather's detail.

YOU WILL NEED

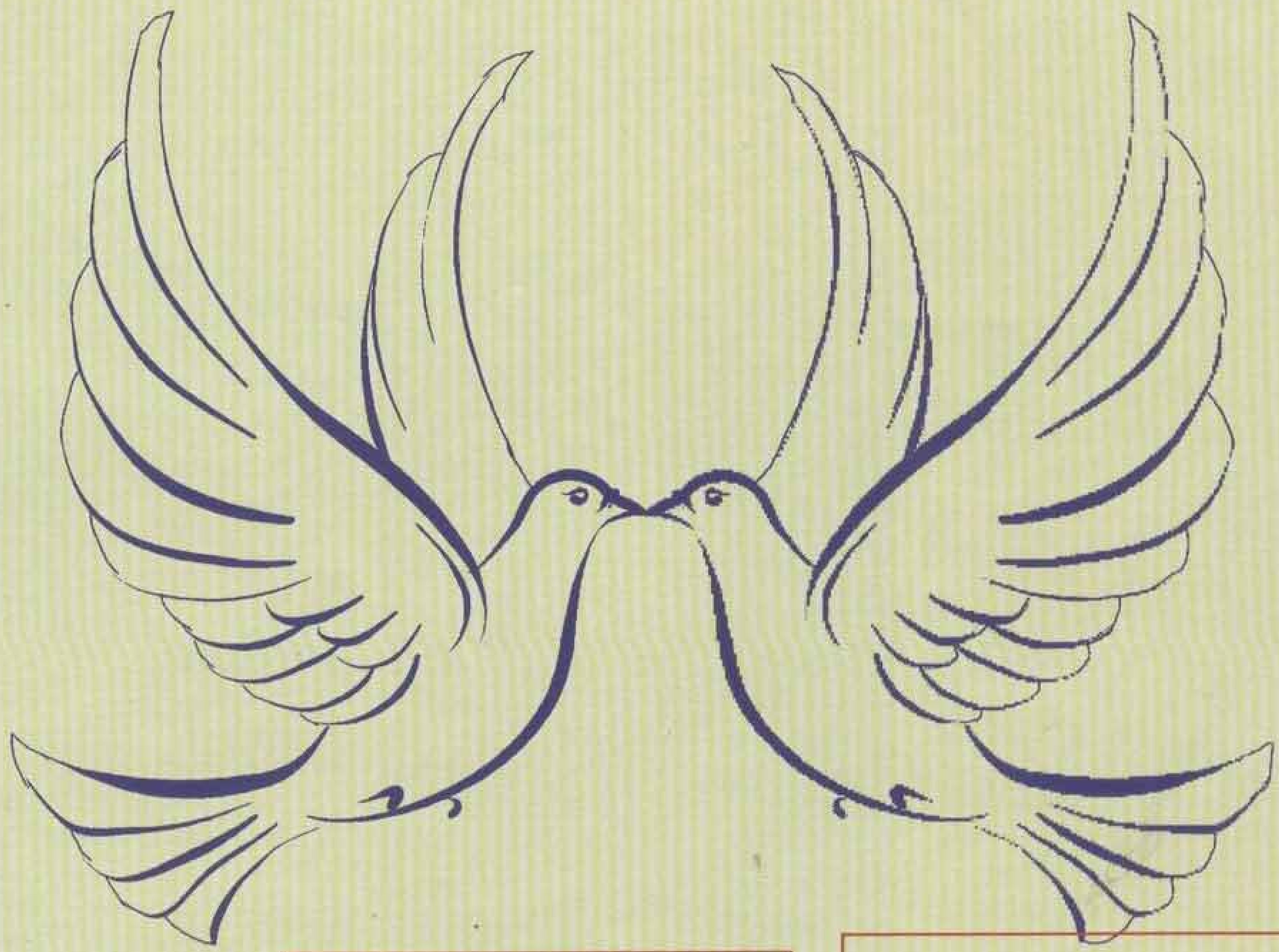
- heart cake 20cm (8in)
- cake drum round 28cm (11in)
- sugarpaste white 1.5kg (3lb)
- royal icing
- paste colours ice blue (Sugarflair)
- paint brushes numbers 1 and 2
- piping tubes numbers 1.5, 1 and 0
- dusting powder silver snow (EA)
- light silver metallic lustre (SK)
- isopropanol alcohol
- scriber
- piping gel

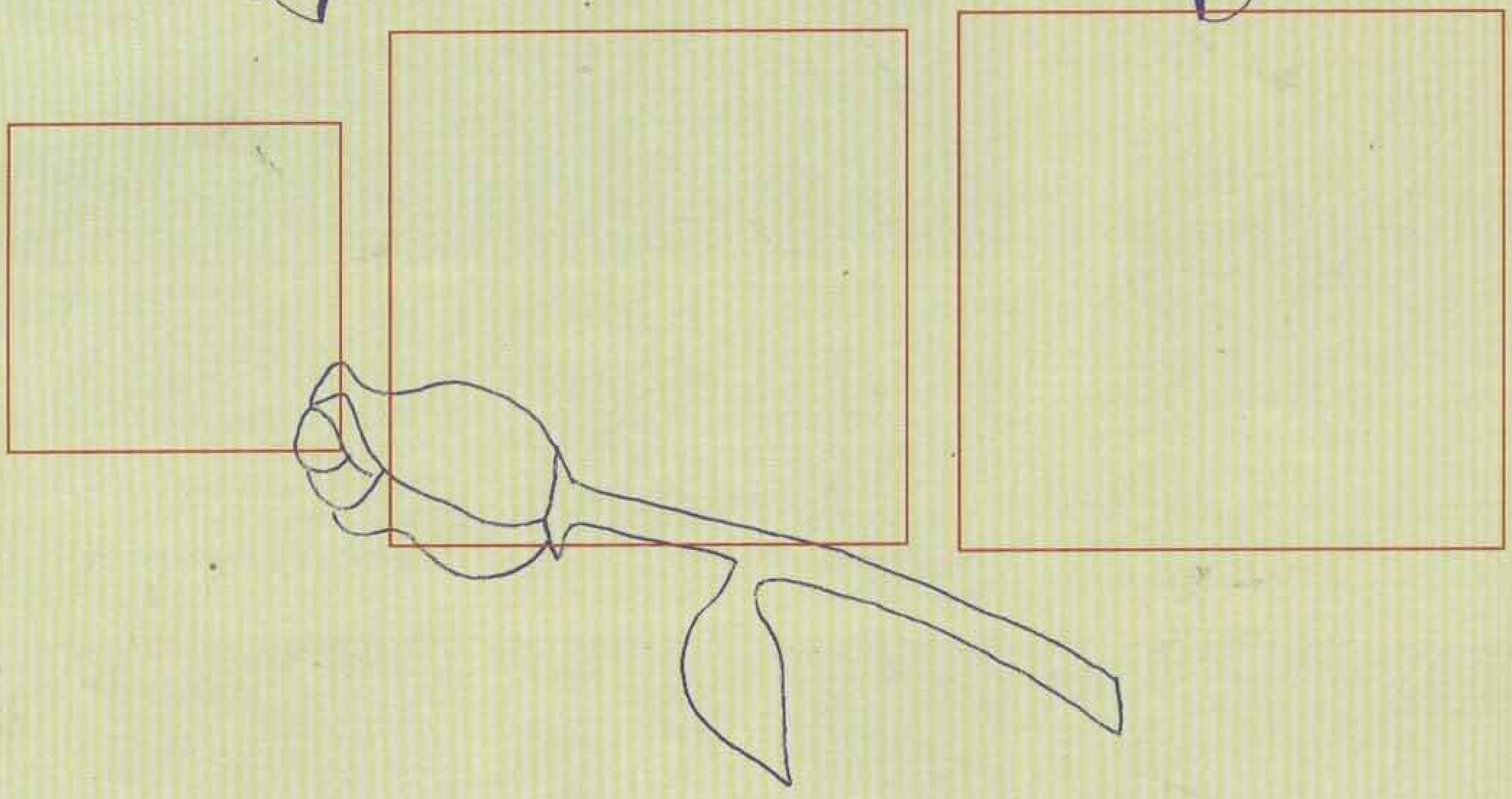
4 Work so that the higher feather overlaps the lower one. When the wings are completed, work on the small feathers on the body. Pipe the beak and eyes with a number 0 tube.



5 Pipe the writing and a snail's trail around the base of the cake with a number 1.5 tube. When dry, paint the writing with a mixture of light silver and alcohol. Do not overload your brush with paint as this will lead to mistakes.

6 Dust the entire bird with silver snow and touch the edges of the feathers with the light silver and alcohol mix. Attach a silver ribbon to the board to finish.

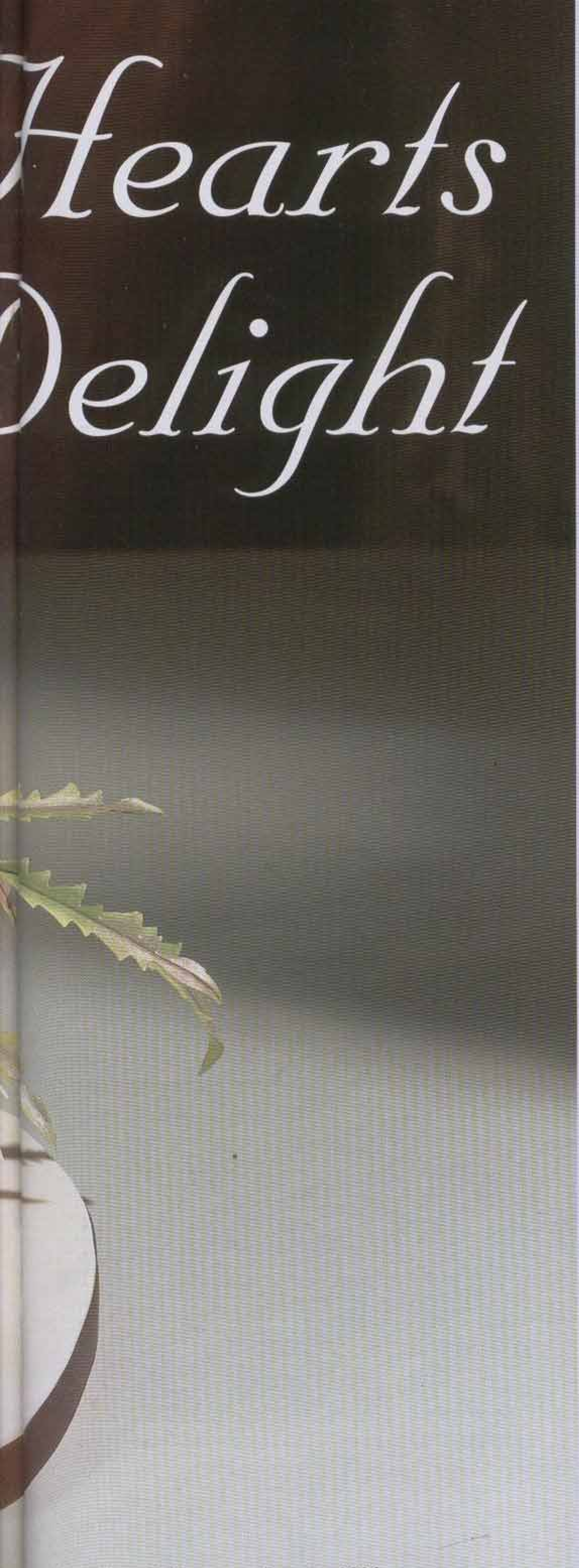




Be my Valentine

Cake
DIFFICULTY
RATING

Hearts Delight



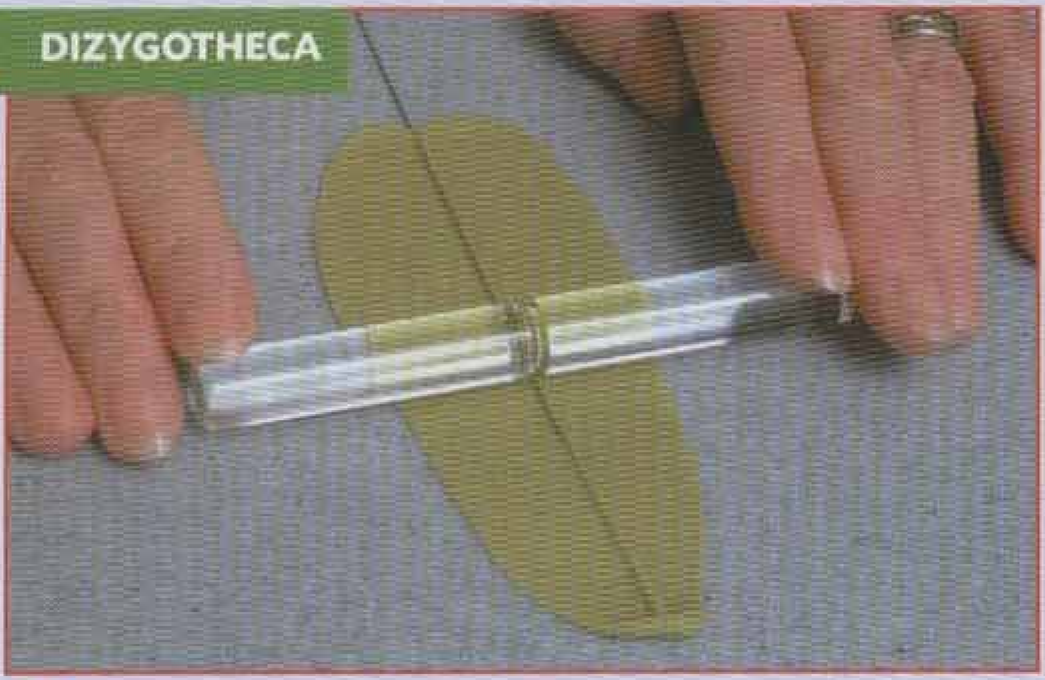
by Jan Thomas

This cake top is based on a florists' fan design using hearts made from pipe cleaners which form the background for the anthuriums and ivy.

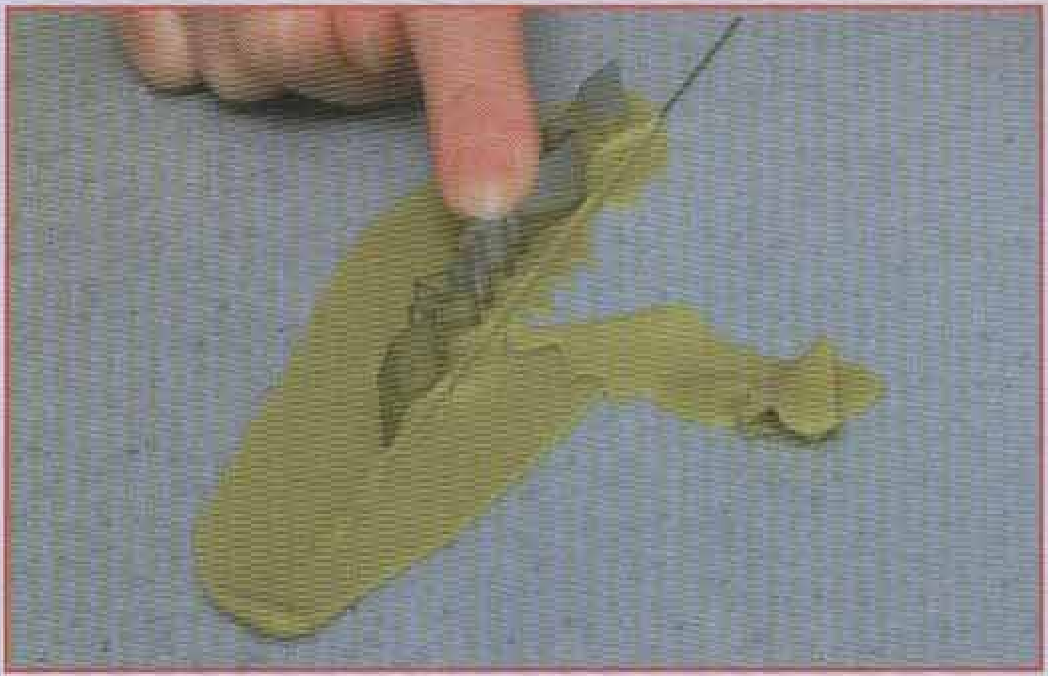
YOU WILL NEED

- anthurium cutter (Kit Box 9995)
- dizygotheca leaf cutter (Country Cutters L12)
- anthurium veiner (Country Cutters V35 large)
- wire pale green 24 gauge, dark green 26 gauge
- flower paste, red, pale cream and mid green
- royal icing white
- piping bag
- piping nozzle size number 1
- grooved rolling pin
- flower tape pale green, dark green (optional) and red
- pipe cleaners red
- dusting colours opal red, baby maize, ginko, frosted leaf, burgundy shimmer (Edable Art)
- posy pick
- lace pieces (optional using Kit Box 0024A)
- ribbon for cake and board (Serendipity)
- a ribbon bow
- dimple foam
- a piece of soft foam sponge
- edible glue
- palette knife
- binding wire (Serendipity)
- a selection of three different sized ivy leaves (three small, six medium and four large)
- roses two
- anthuriums three
- dizygotheca leaves six

DIZYGOTHECA



1 Form mid-green flower paste into a sausage shape, insert a 26g wire and roll out the paste using a grooved pin.



2 Place the dizygotheca cutter to the left and close to the wire; press down evenly and firmly before removing it and turning the cutter over and placing it to the right of the wire and cutting out the shape on the other side.

CakeTip

Make sure that the wire is almost at the end of your paste before cutting out the shape to give it extra strength. Make some shorter length leaves.

3 Place the leaf on a piece of soft foam sponge and using a palette knife vein it down the centre. Bend the wire and paste to give a slight curve before leaving to dry. Dust up using frosted leaf and burgundy shimmer.

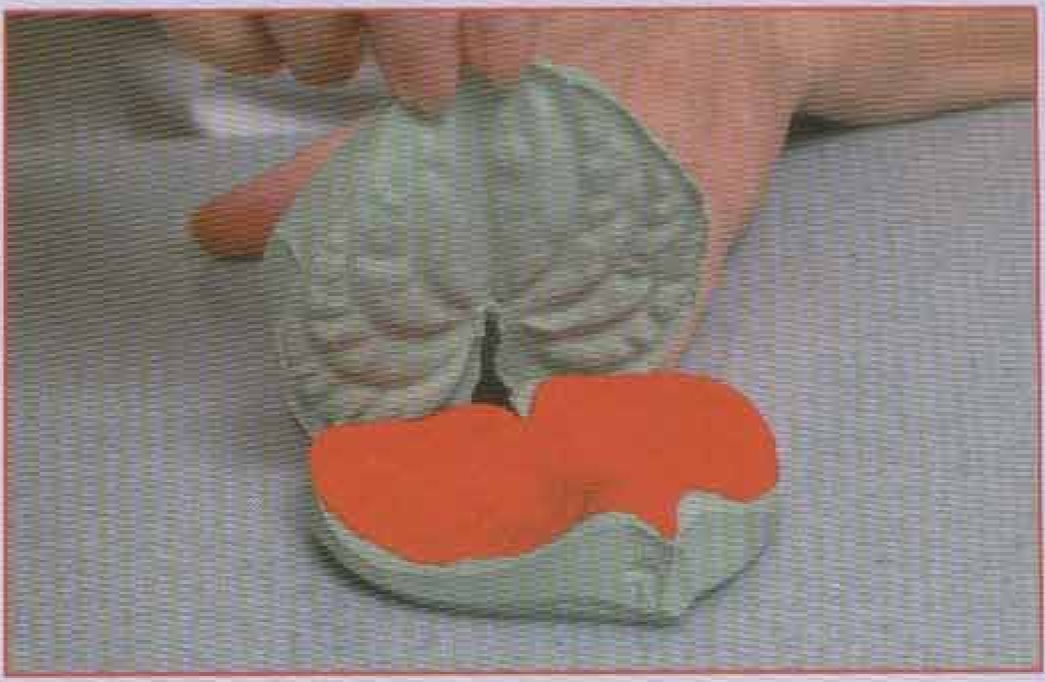
ANTHURIUM SPADIX

4 To make the spadix tape together 3 x 24g wires with half width pale green tape and insert them into a sausage of pale cream flower paste. Curve the paste slightly before piping small dots all over the spadix. Allow it to dry.

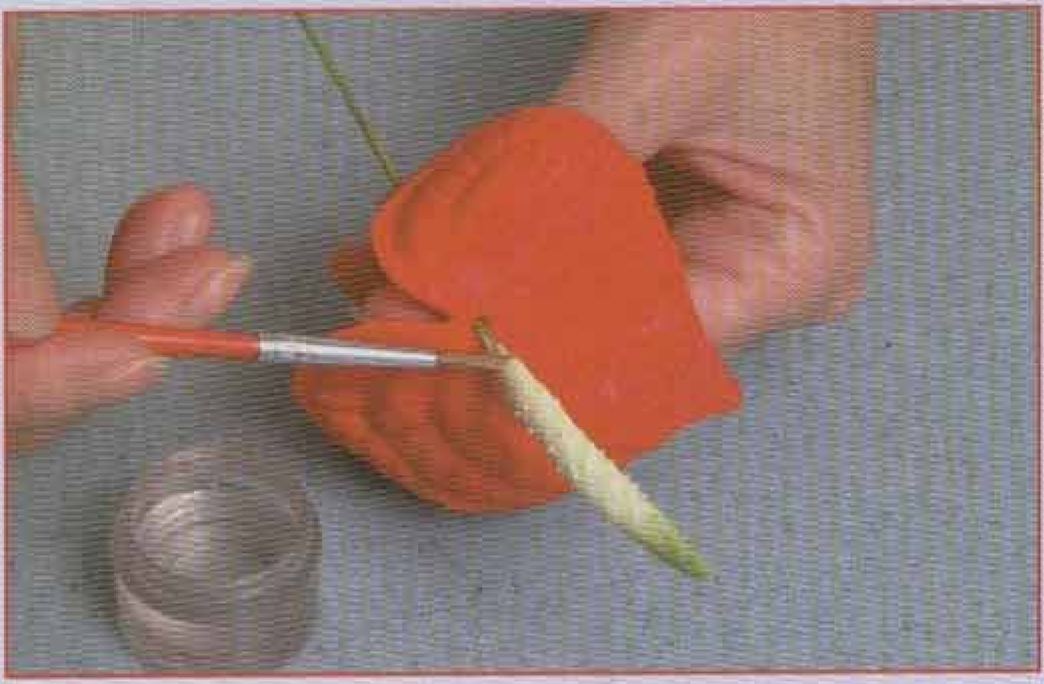
5 Dust the dried spadix with baby maize and the tip with ginko.

ANTHURIUM SPATHE

6 Take some red flower paste and roll it out, not too thinly leaving a thicker dimple in the middle. Place the anthurium cutter onto the paste and cut out the shape.



7 Vein the shape with the anthurium veiner.

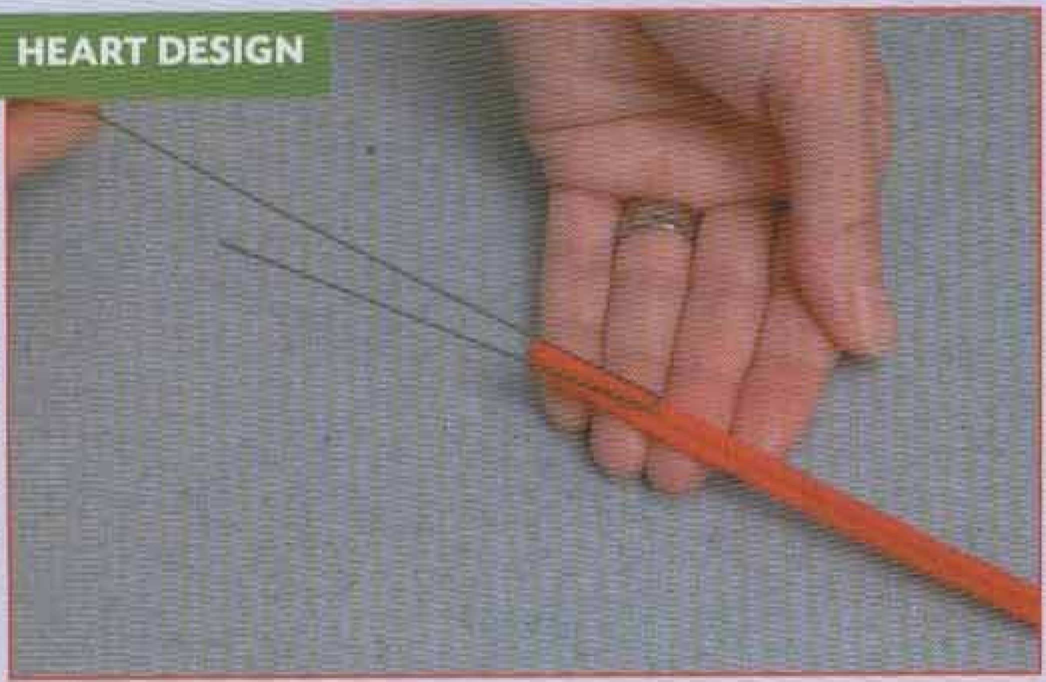


8 Add a very small amount of edible glue onto the dried spadix before inserting the wire through the dimple.

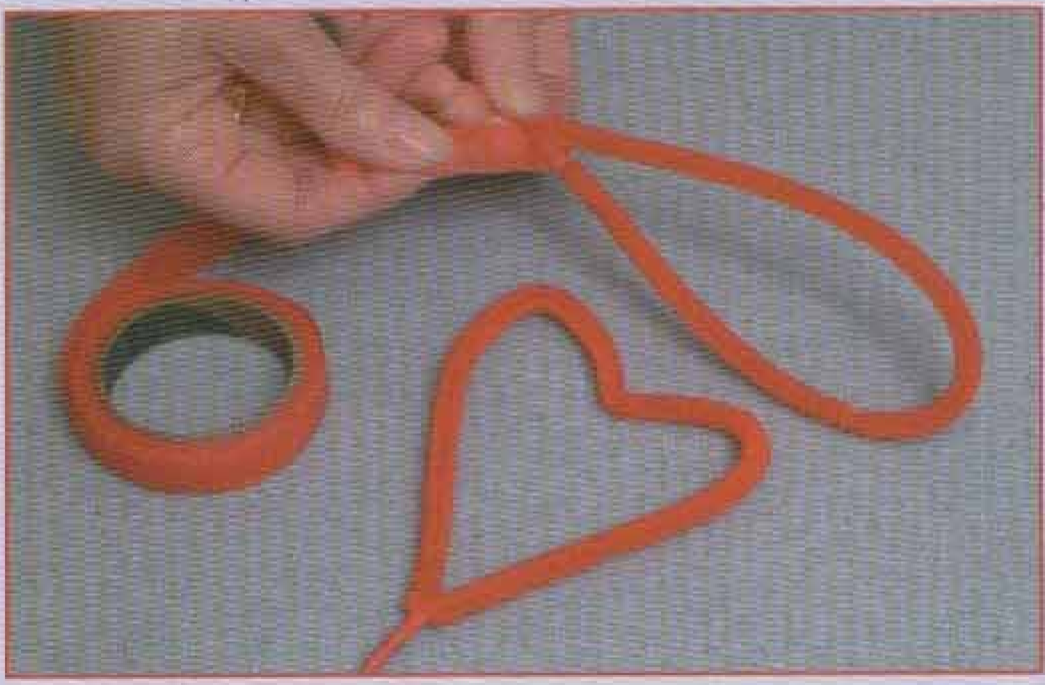
9 Pinch the paste onto the spadix before allowing to dry in dimple foam.

10 Once dry, dust with opal red and steam to set the colour.

HEART DESIGN



11 Take a 26g wire and form it into a hairpin shape, then place it on top of one end of the pipe cleaner.

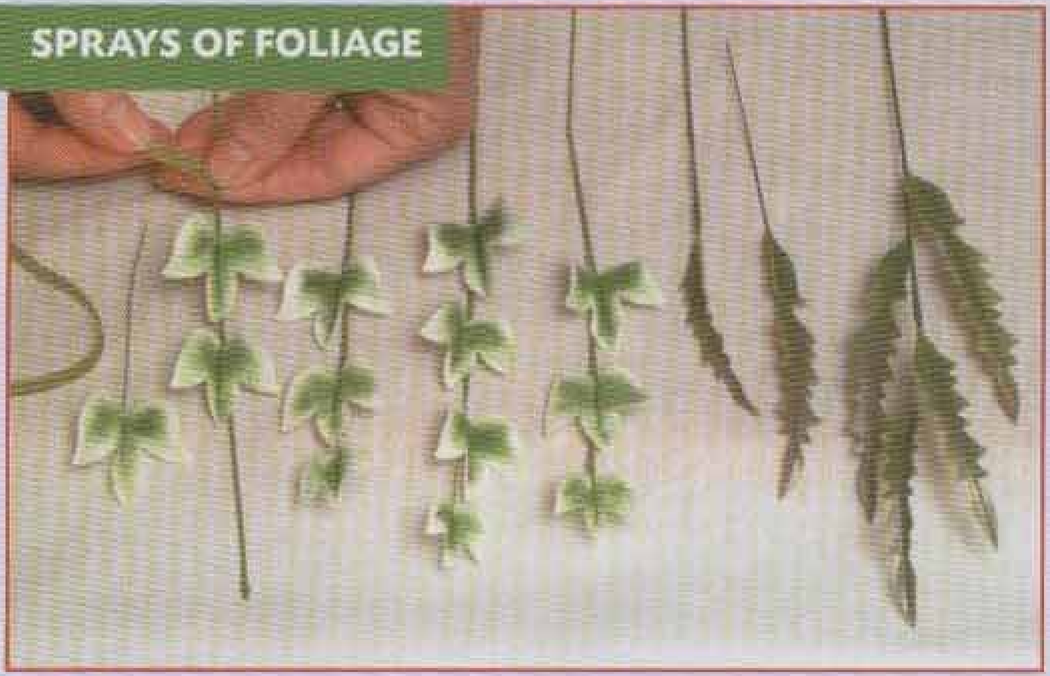


12 Place the other end over the top and tape down using full width red tape. Shape it into a heart shape.

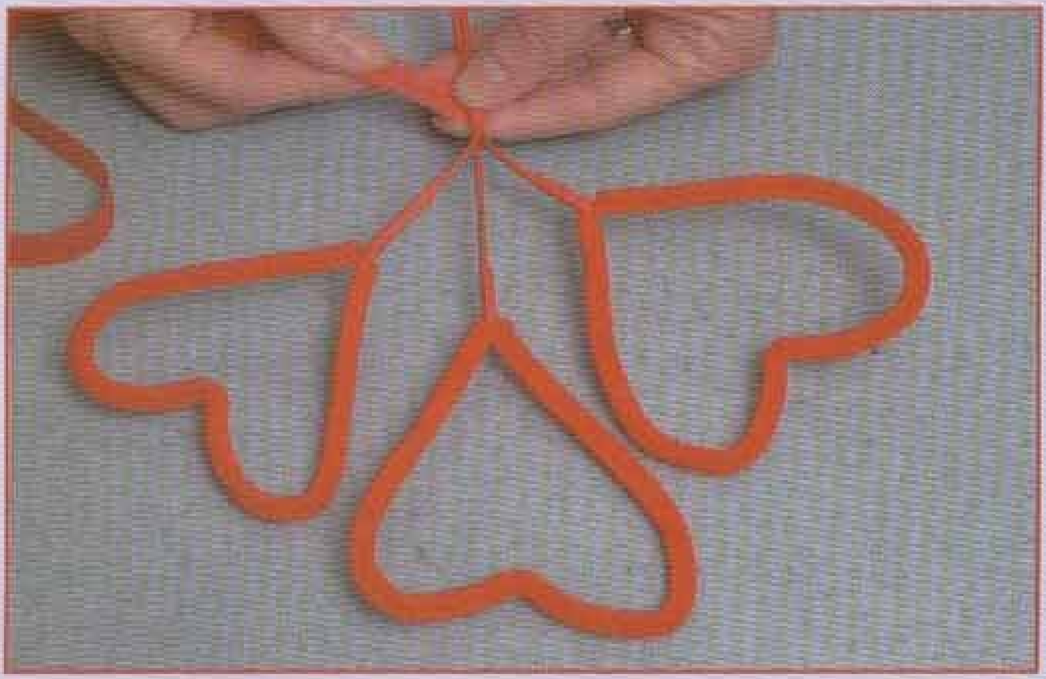
CakeTip
CRAFT & DECORATION

Tape in extra wires if necessary to give extra length and the sufficient support.

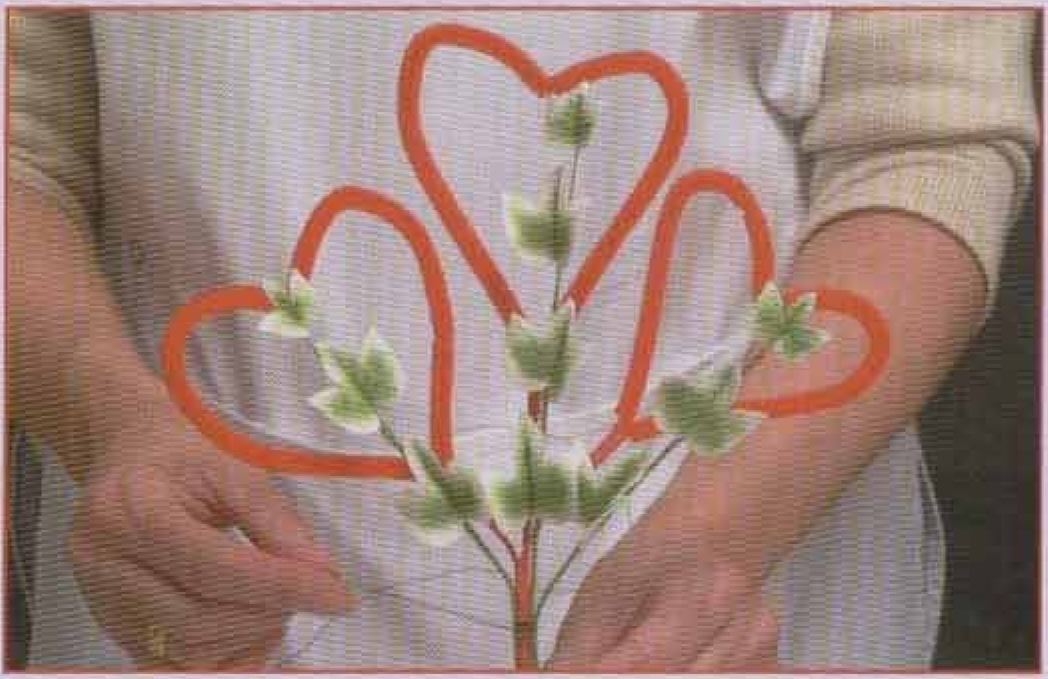
SPRAYS OF FOLIAGE



13 Tape together the following ivy leaf units: 3 x 3 leaves and 1 x 4 leaves. Also you will need to tape together the following dizygotheca leaf units: 1 x 4 leaves and 1 x 2 leaves.



14 Tape together the three heart shaped pipe cleaners to form the background for the design.



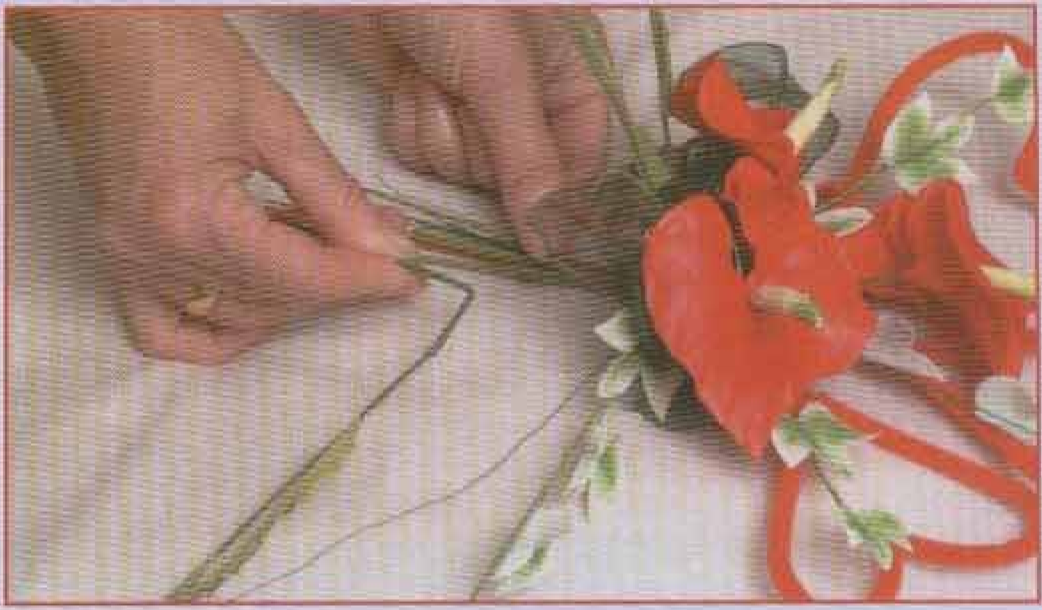
15 Using a binding wire add the ivy leaf units placing the unit with 4 leaves in front of the middle heart and two of the 3 leaf units either side of it.

16 Add the anthuriums to the design.

CakeTip
CRAFT & DECORATION

Always work over a piece of soft foam sponge when wiring up your designs to minimise breakages if you drop any flowers or leaves.

17 Add a ribbon bow to the focal area and add in the two roses to give recession.

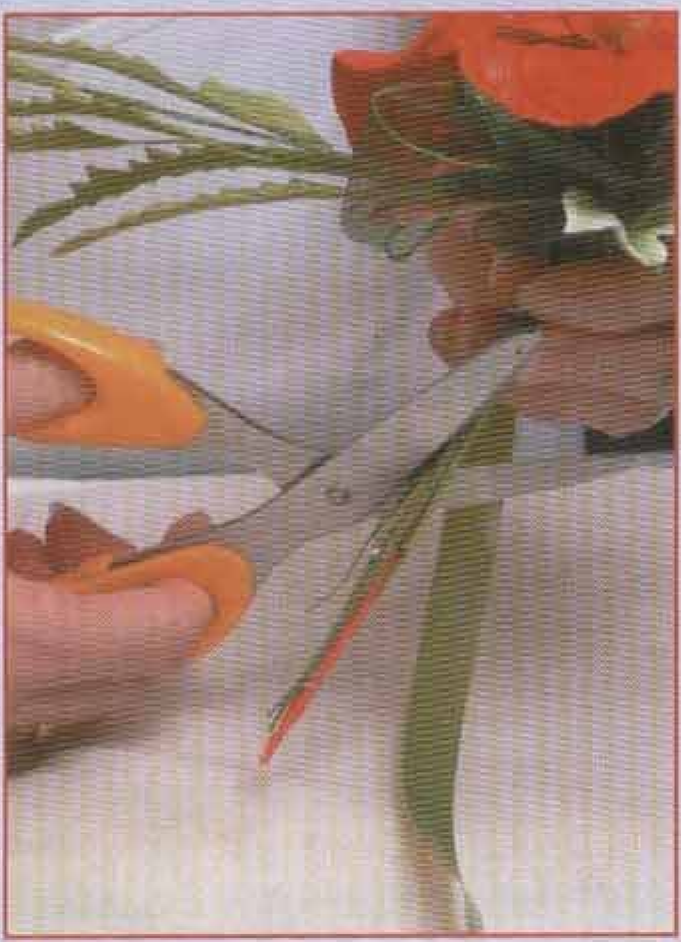


18 Add in the remaining ivy leaf unit and the dizygotheca units to the front of the design.

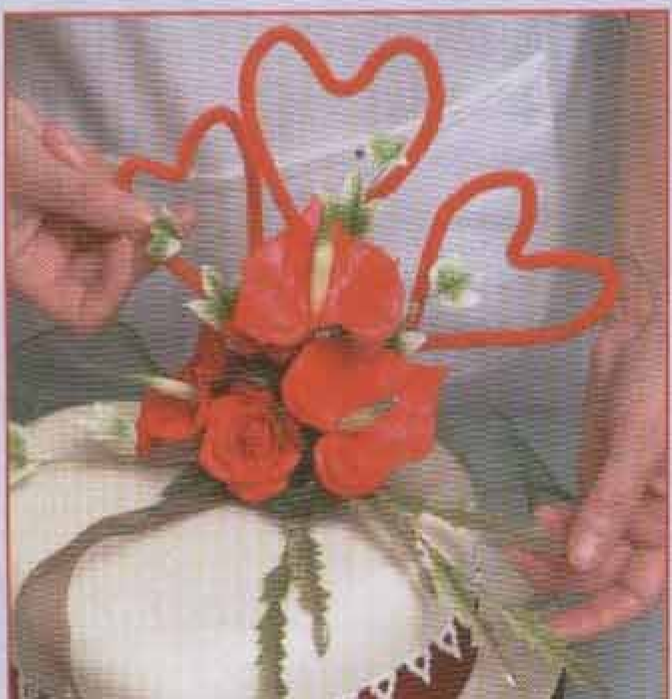
Cake Tip
CRAFT & DECORATION

Remove the centre shape from the paste and place the lace over the ribbon to emphasise the heart shape in the centre of the lace.

19 Trim the wires and tape down with full width tape.

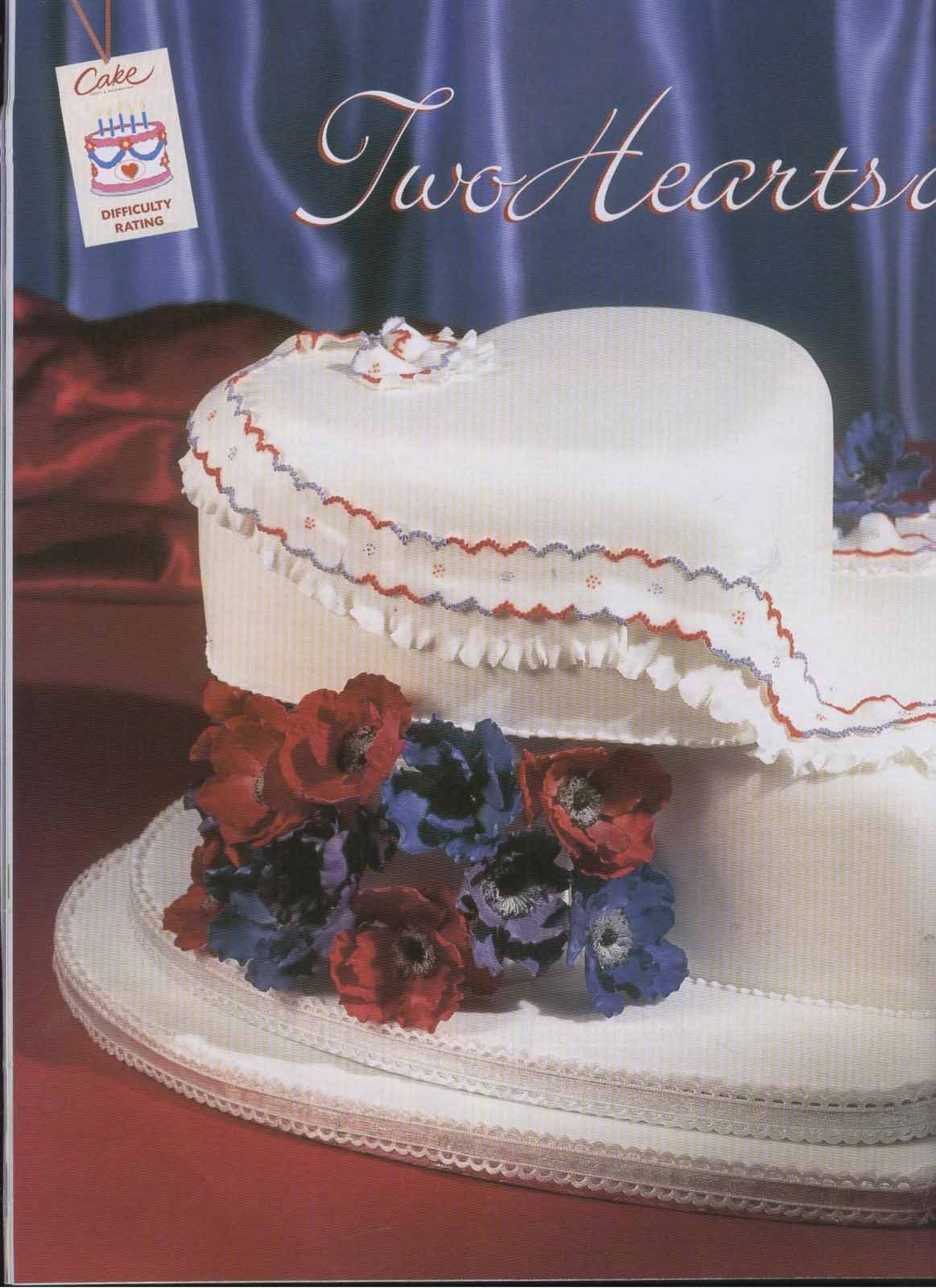


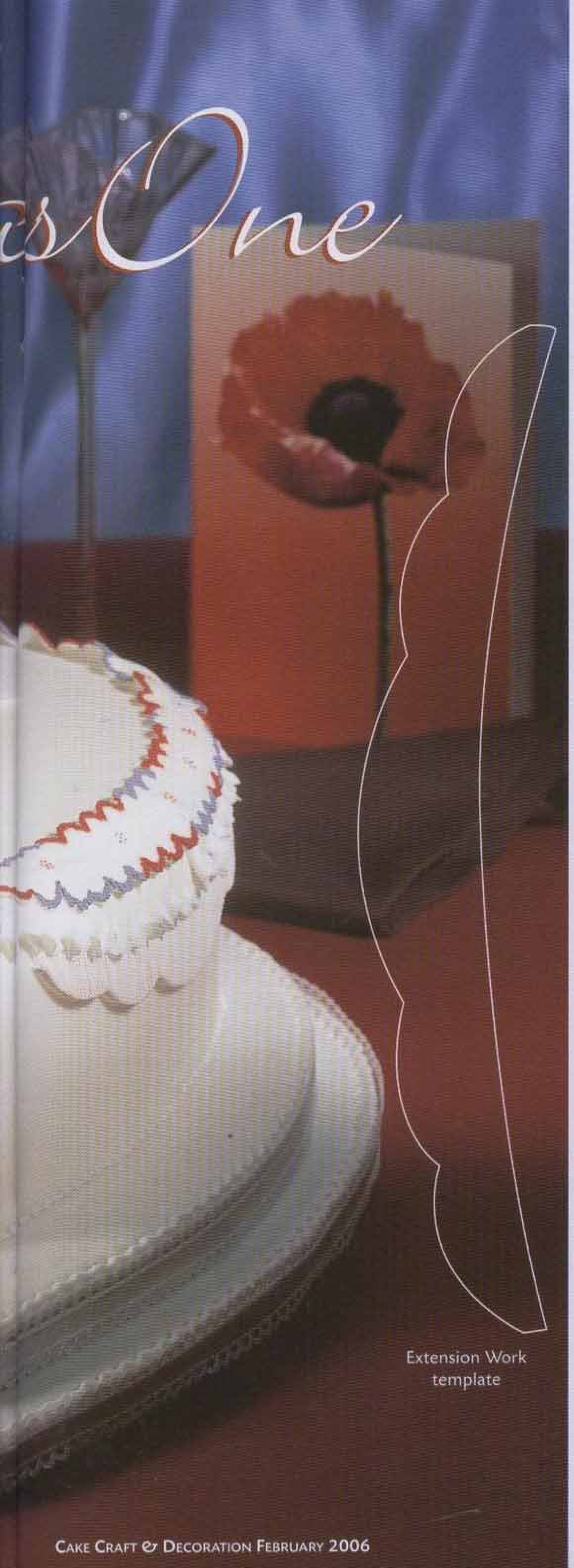
20 Cut out the lace pieces from flower paste and attach them to the side of the cake using a little royal.



21 Place the arrangement into a posy pick and open the design out to give it movement.

Two Hearts





Extension Work template

By Ruth Wyld

This cake has an unusual two-tier arrangement to give you the opportunity to mix fruit and sponge cake bases, on the top or the bottom, depending on your requirements. Although small enough for an intimate wedding, this cake provides an elegant and impressive centrepiece ideal for a romantic country wedding.

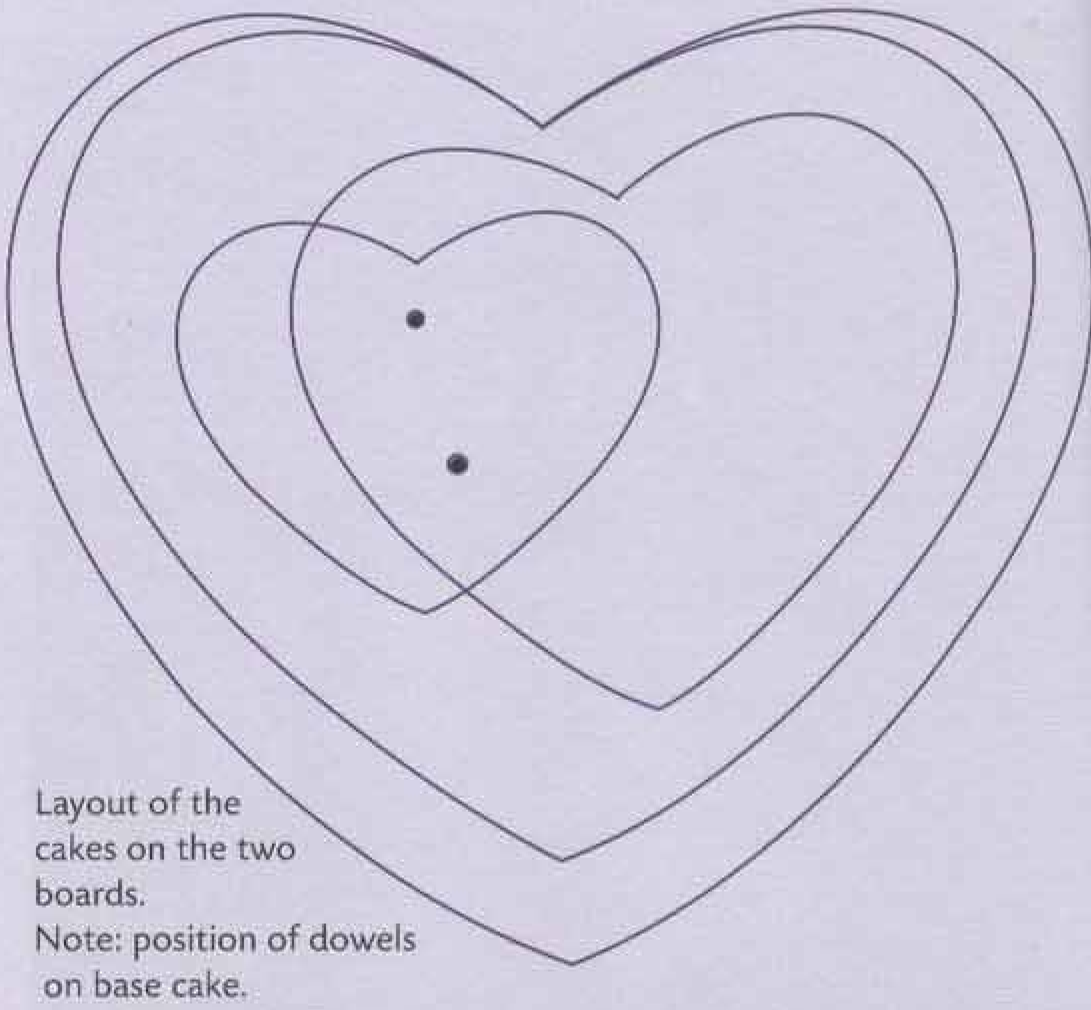
YOU WILL NEED

- heart shaped cake 30cm (12in)
- heart shaped cake 25.5cm (10in)
- heart cake drum 40.5cm (16in) 25.5cm (10in)
- heart cake drum 35.5cm (14in) optional
- marzipan 2kg (4lb)
- sugarpaste white 3kg (6lb) (Renshaw)
- royal icing white piping consistency 150g (6oz)
- paste colours grape violet and red extra (Sugarflair)
- dusting colours African violet, plum, cornflower blue, poppy red, aubergine, white, (Sugarflair)
- pollen dust black
- piping tubes numbers 1 and 0 (PME)
- straight garrett frill (Orchard)
- cocktail sticks
- ball tool
- rose petal cutters 3cm and 2.5cm (Sugar City)
- poppy veiner (Great Impressions)
- white cotton thread
- emery board
- florists wire 32 gauge green, 30 gauge white
- green stemtex
- round 10cm (4in) dummy
- food safe dowels 4
- small spirit level

See Ruth's advertisement in the classified section

Preparation

To keep the theme of "two hearts as one" use two baseboards. To save on costs the cakes can be placed directly onto the 40.5cm (16in) board. Place the large heart cake on the 35.5cm (14in) drum as in the diagram. Coat with marzipan and sugarpaste in the usual way. Place the small cake on the 25.5cm (10in) cake drum and coat with marzipan. When covering the cake with sugarpaste take it straight over the sides of the cake board as with a stacked cake. Trim the paste level with the bottom of the board. Leave to firm up overnight.



Layout of the cakes on the two boards.
Note: position of dowels on base cake.

1 Cover the large board with sugarpaste and crimp the edges. Pipe a row of plain shells around the base of each cake to seal and neaten the edges. Cover the board edge with ribbon.

PATTERN TRANSFER

2 Trace the scalloped design onto a length of greaseproof paper. Cut small holes at the top and bottom of each scallop. Position the template on the right side of the base heart. Scribe the top curve and mark a small dot at the top and bottom of each scallop.

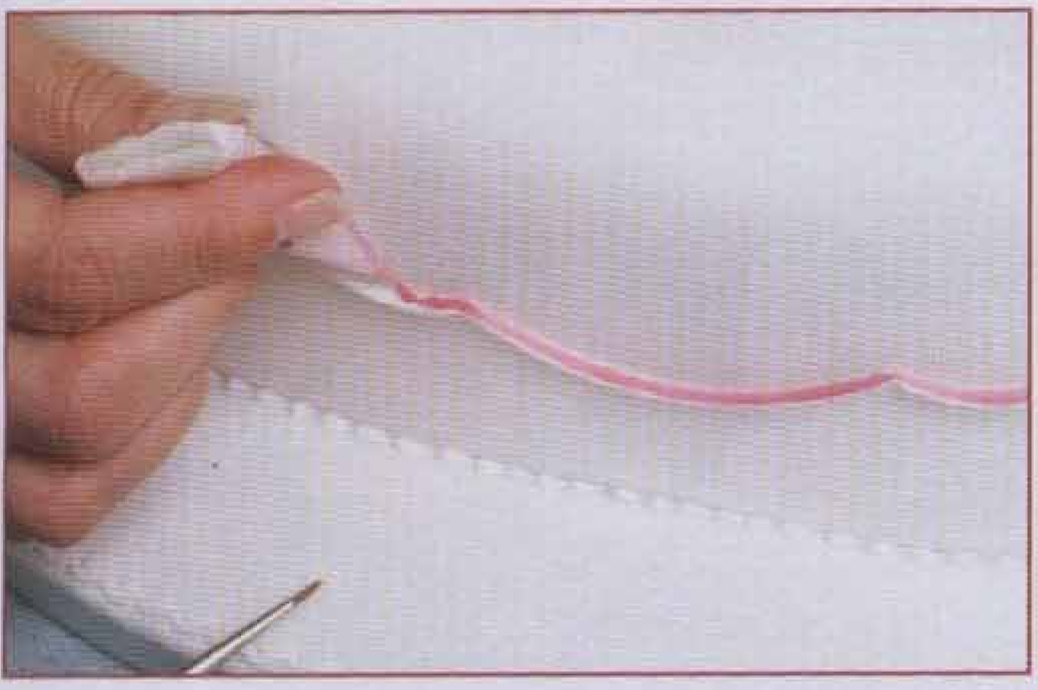
BRIDGE

3 With a number 1 tube pipe a line from the top of one side of the scallop to the other; let the line drop to the base mark and leave for a few minutes. Over pipe four times, make sure you keep the lines straight out from the cake side.

Cake Tip

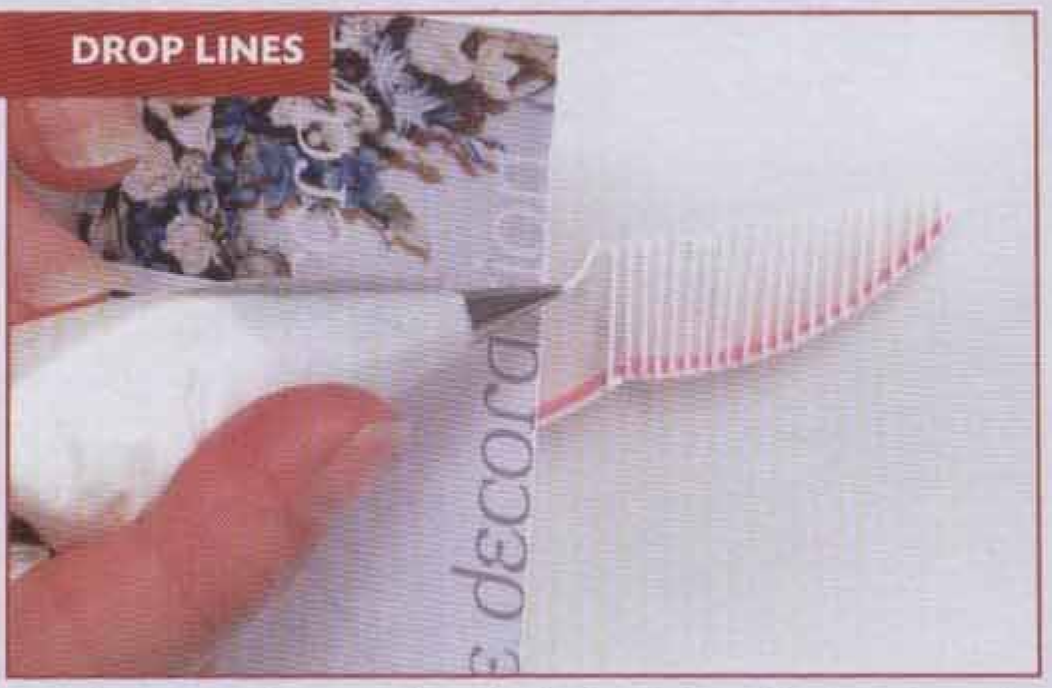
CRAFT & DECORATION

Keep the piped line off the cake surface until it is the required length, gravity will create an equal smooth curve for you. Check the bridge from above and below as you are building up each line to make sure there are no hairline gaps, as these will leave your bridge weak. Touch the lines together with a fine damp paintbrush if necessary.



4 When the bridge is thoroughly dry, coat the inside of the bridge thinly with a small amount of burgundy run-out icing and neaten with a paintbrush and leave to dry.

DROP LINES



5 Place something under the back of the cake board to tilt the cake forward until the cake side and the edge of the bridge are vertical. This will prevent the drop lines from sagging. With a number 0 tube, pipe vertical lines from the top curve line down to the bridge.

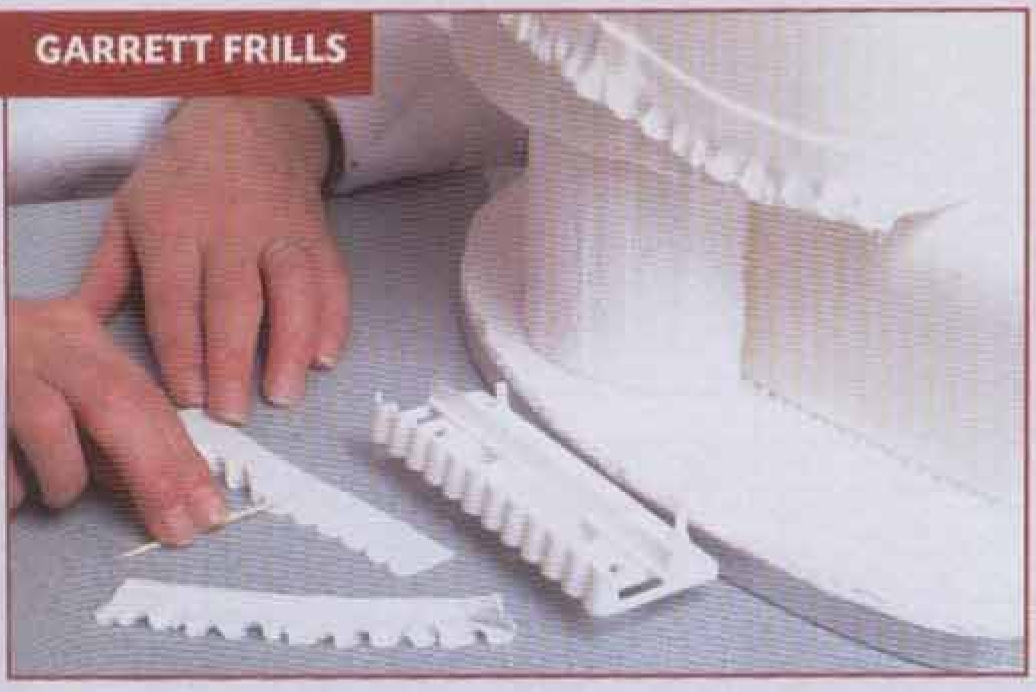
6 Cut a 4 inch round dummy in half and insert 2 dowels. Insert two dowels into the cake where shown on the diagram. Cut each dowel slightly higher than the cake surface. Check with a spirit level. Place the small cake on top.

Cake Tip

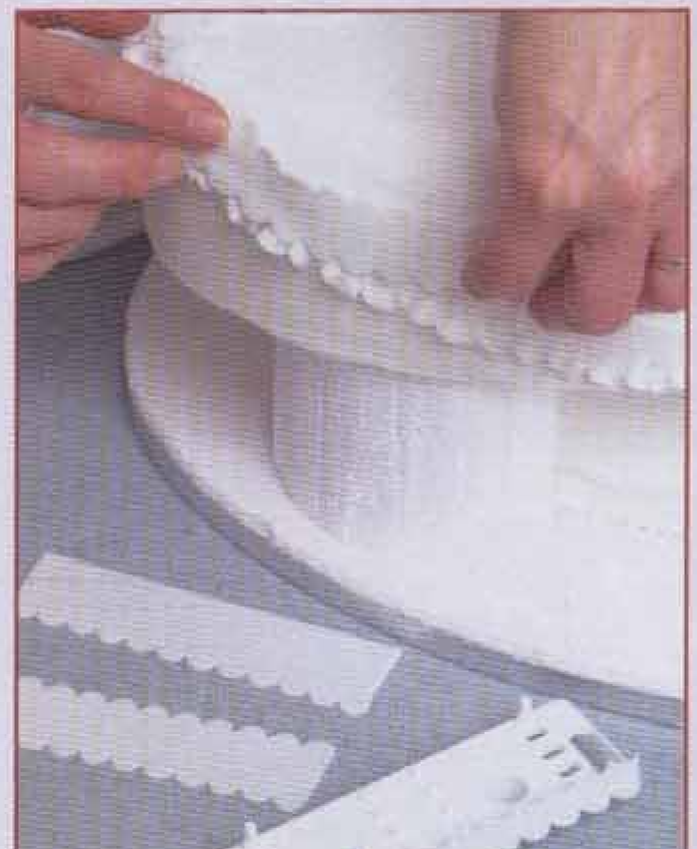
CRAFT & DECORATION

Place a card with a straight edge on the side of your cake as a guide. This will help you keep the lines vertical. Take the piped line past the bridge and the line will naturally break off on the side of the bridge. This reduces the risk of breakage to the bridge with the tube or any unsightly bulbs.

GARRETT FRILLS



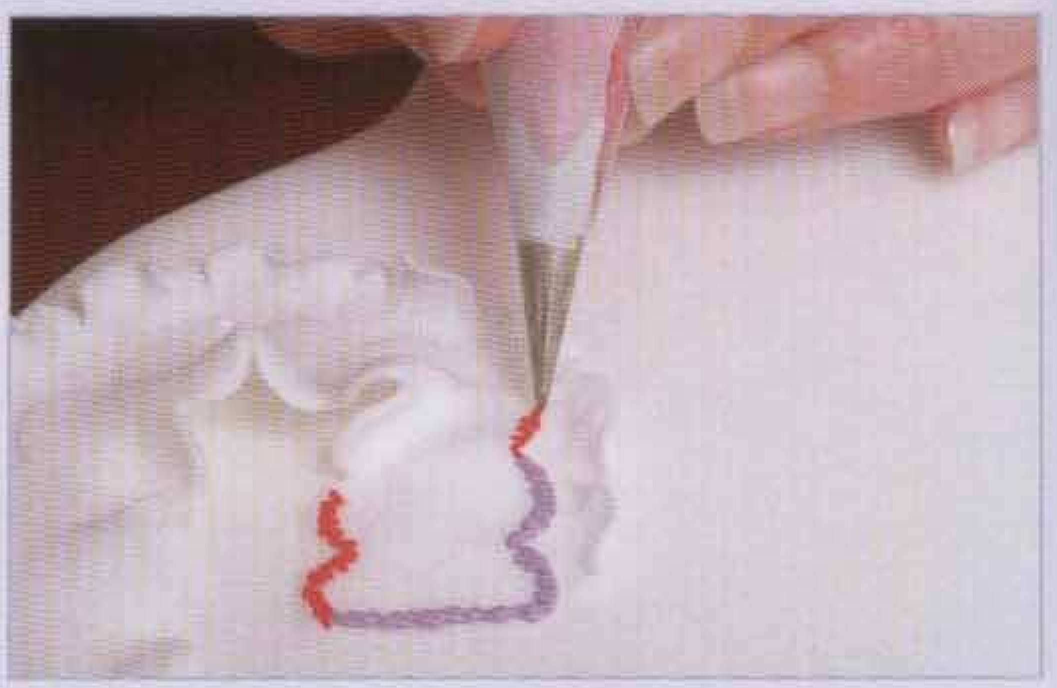
7 Cut a medium depth strip with the garrett frill cutter and frill with a cocktail stick. Start with the curl on the top tier, work your way down the left side of the cake to the front point. Continue onto the base cake over the top of the drop lines.



8 Roll out the paste again and cut the deepest depth. Remove the straight edge from the cutter and placing the frilled edge along the top of the paste cut a reverse frill. Position each ribbon strip over the top edge of the frills, side-by-side and smooth out the joins.

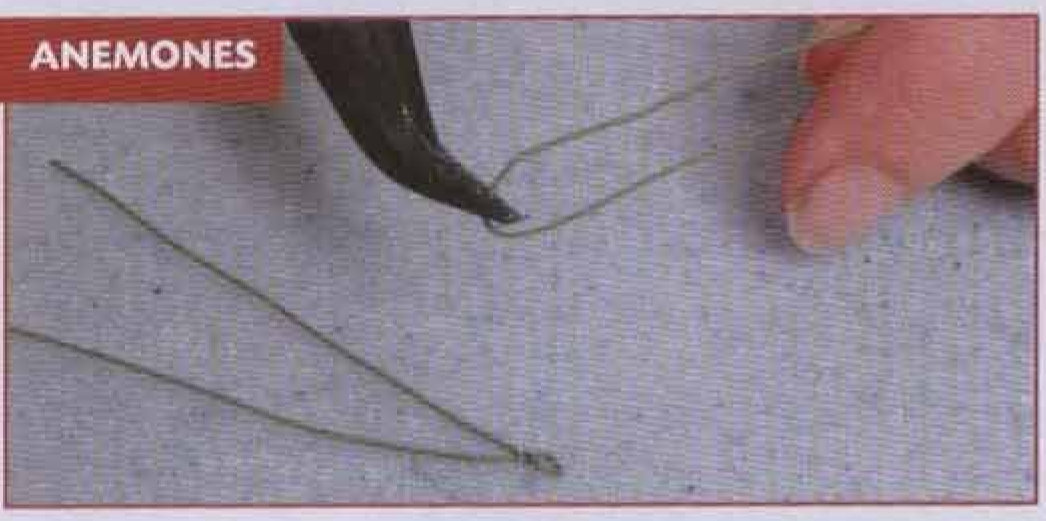
TECHNIQUE

Roll the paste out very thinly for the garrett frills; this will prevent the paste from cracking along the top when applying due to the weight of the frill. If the paste is thin, the cocktail stick will not gouge or stall in the paste when rolling out the frill edge. To make an invisible join, roll the end of the paste over and glue with a little alcohol, leave the frilled edge open. Place over the end of the last section and it will appear like a fold in the fabric. Attach the frill to the cake with clear alcohol; this will evaporate to leave no mark behind, unlike egg white or sugar glue, if you make any adjustments.

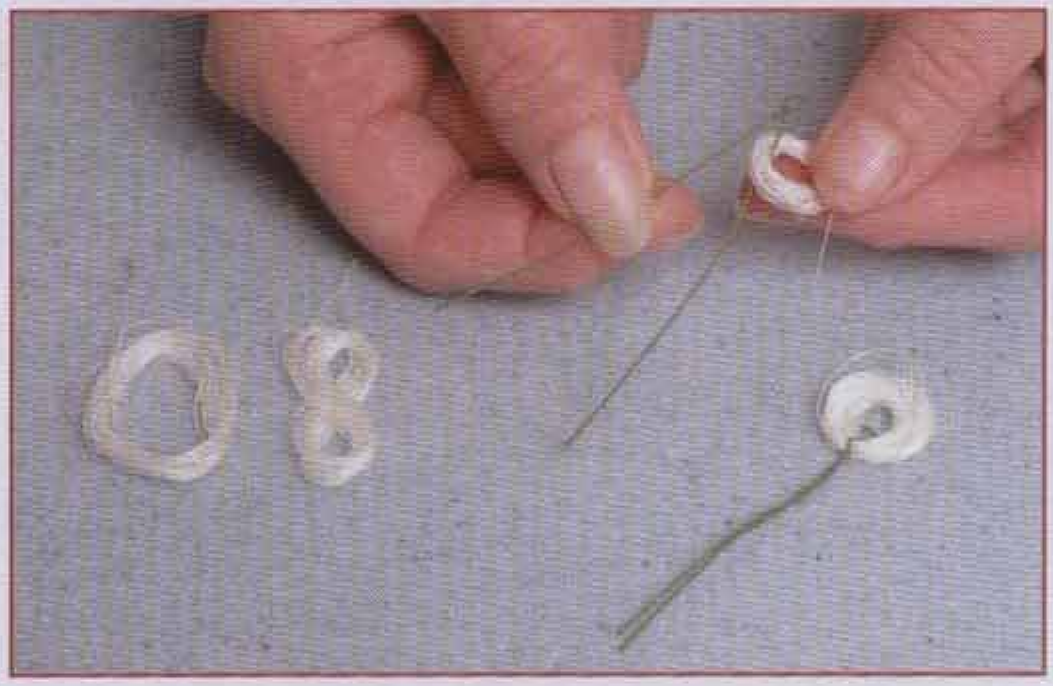


9 With a number 0 tube, pipe a fine zigzag of random lengths along both edges of the paste in red and grape violet icing. Pipe fine six dot forget-me-nots alternately along the centre of the ribbon and leave to dry.

ANEMONES



10 Take a 32g green wire and cut into three lengths. Bend each length in half and place over a pair of pliers. Twist the legs once tightly to make a small secure ring. Remove from the pliers and keep to one side.

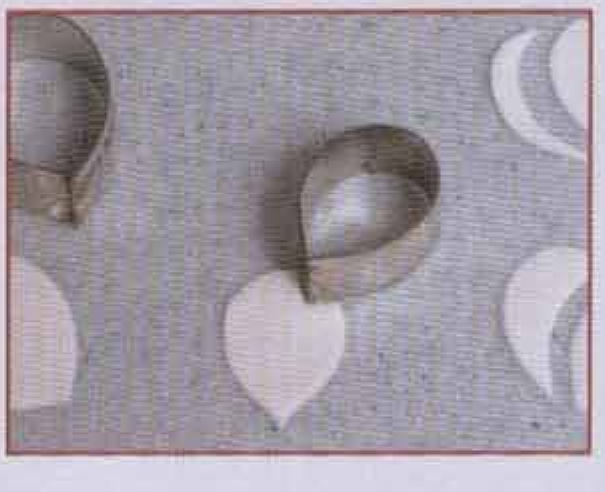


11 Wrap fine cotton around two fingers 35 times. Remove from your fingers and twist into a figure of eight. Double the ends over to make a single loop. Place one leg of the wire through the loop to catch the cotton below the wire ring. Twist the legs together to secure.

12 Hold the cotton, tape the base firmly, and continue down the wire. Hold the cotton between finger and thumb and cut the top to form a slight curve. Rub the ends with an emery board to fluff and thicken. Dampen the ends with egg white and dip into black pollen dust.

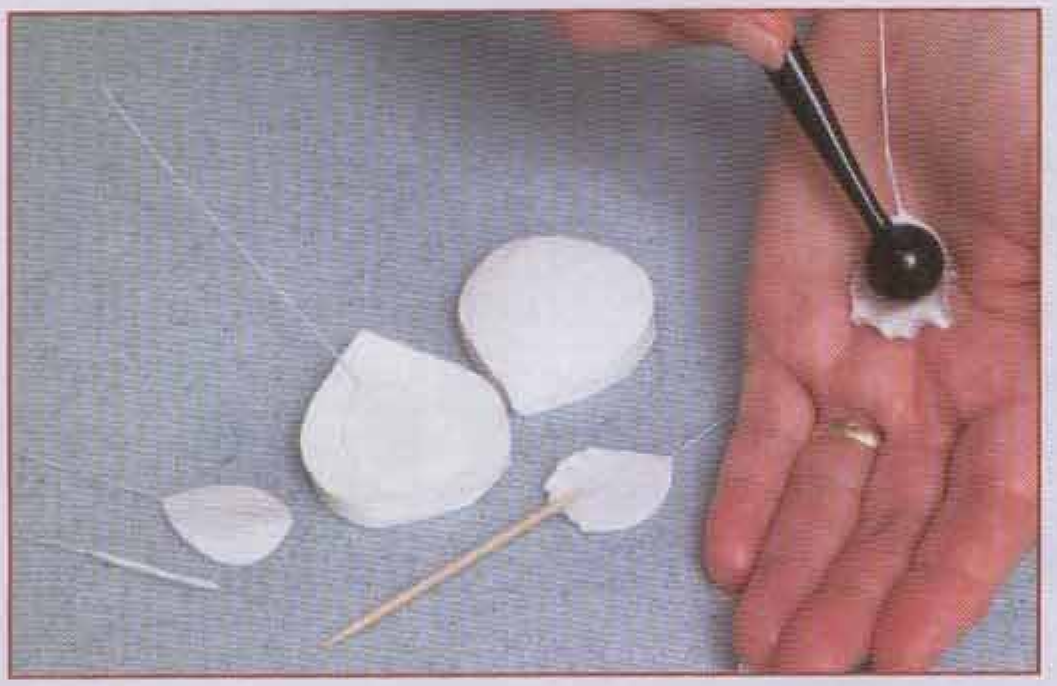
13 Place a tiny ball of flowerpaste onto the end of a cocktail stick. Dip in egg white then into black pollen. Leave the paste to dry for a while then press onto the wire ring in the centre of the stamens.

14 Cut out a selection of rose petals as shown, six large petals and three or four small petals per flower. Use the point of the small petal cutter to remove a little "V" shape from the top of one petal and place on the side to make thinner petals.



Cake Tip

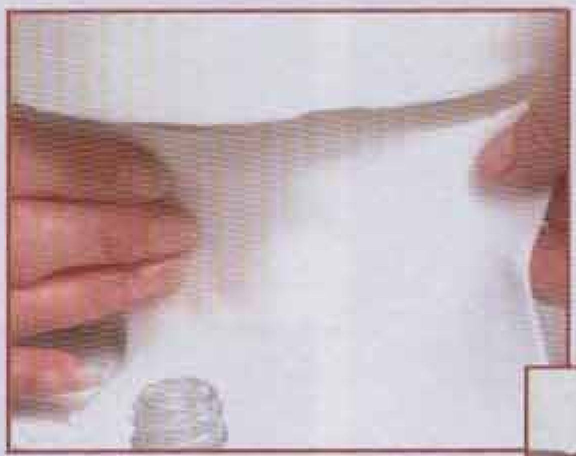
To make your own pollen, colour ground rice with powder colours. This can be kept indefinitely in a dry sealed container.



15 Coat a 30g white wire with flower paste and press onto the back of the petal. Mark the veins using the poppy veiner. Thin and frill the edges with a cocktail stick. Place each petal into the palm of your hand and press with a ball tool to cup.

16 Dust each set of petals from the top leaving the base lighter, the colour schemes are: African violet with plum over the top edged with aubergine finally white all over to soften. Cornflower blue all over with African violet on top. Poppy red with African violet lightly on top.

17 Start with the smallest petals, tape at the base of the stamens. These flower centres are not symmetrical. Place five or six larger petals clockwise around the back. These flowers may have between 7 and 17 petals per flower. Between 9 and 11 look best for sugar. Steam to finish.



18 Roll out a sheet of sugar paste long enough and wide enough to cover the polystyrene dummy. Damp lightly with alcohol and stick in place.

19 Roll out sugar paste to cover the 16in board. Cut a star in the centre so the icing can be stretched to the outside of the board. Trim away excess from the centre. After placing the cakes and board on top overlapping the top curves, crimp the board edge.

20 Cut the stems of the anemones to 2in and arrange under the top cake by inserting the wires into the covered dummy with a pair of bent nosed pliers or tweezers.

Castle College

Castle College, part of The Sheffield College, invited us to their end of course display, and this is some of the students work from a range of cake decoration courses.

For further information contact Maggie Peart at Castle College, Granville Road, Sheffield S2 2RL, phone the Information Hotline on 0114 2603603 or look on their web site www.sheffcol.ac.uk

Kath Foster ABC 138/1 wired sugar flowers

Julia Beaumont ABC 139/1 cake decoration

Joanne Swaby ABC 139/2

Natalie Shaw ABC 139/2 cake decoration

Elsie Bonham ABC 138/1

Helen Knowles ABC 139/2

Ruth Cambell ABC 139/2

Cheryl Taylor ABC 139/2

Joanne Swaby ABC 139/2

Natalie Shaw ABC 139/2

Ruth Cambell ABC 139/2

Harumi Shini ABC 139/2

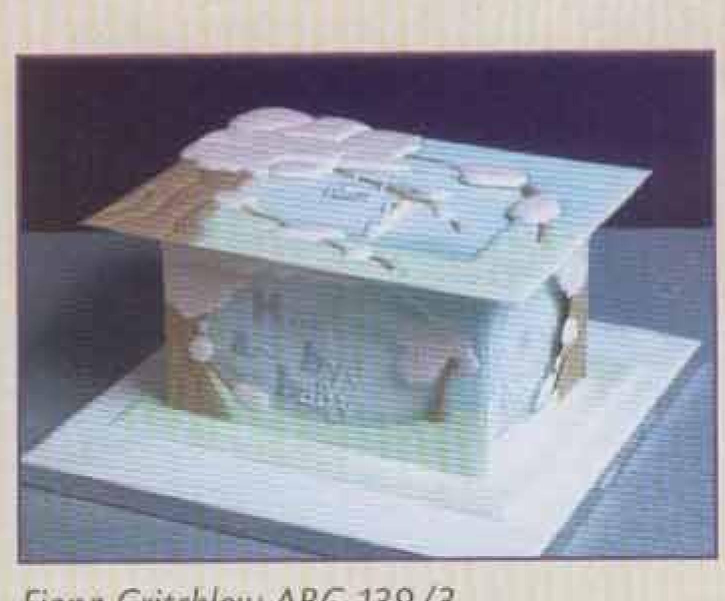
Trudy Lichtveld ABC 139/3

Trudy Lichtveld ABC 139/3

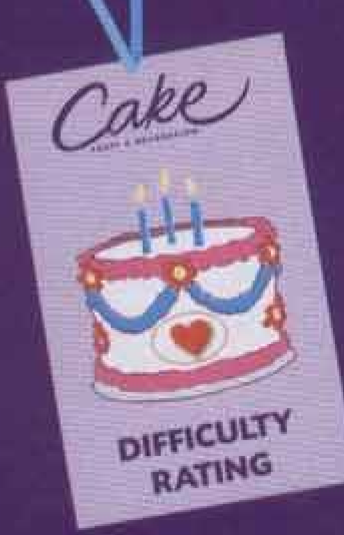
Trudy Lichtveld ABC 139/3

Rachel Edwards ABC 139/3

Fiona Critchlow ABC 139/3



Fiona Critchlow ABC 139/3

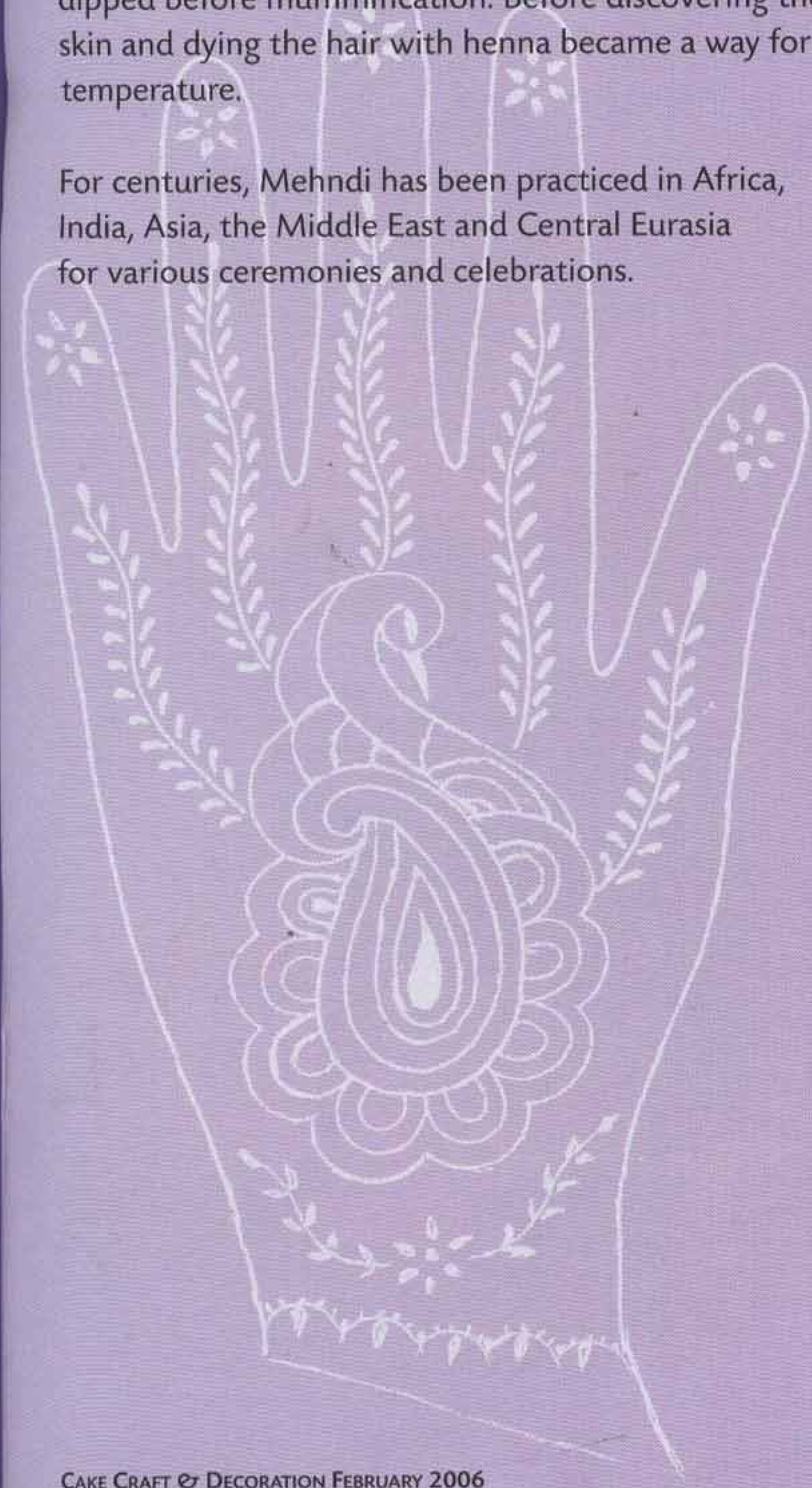


Mehndi

by Amtul Knight

No Indian wedding is complete without the Mehndi (Indian word for Henna). The evening before the wedding (similar to the hen night), all girlfriends and female family members of the bride, get together and celebrate. They sing traditional songs and Mehndi patterns are piped on the bride's hands with henna paste. Wash the hands after a few hours as henna dries and dyes the skin with the orangey brown colour pattern. Henna is widely cultivated as a hedge (privet) plant in India. It is believed that the intensity of the Mehndi reflects the love of the bridegroom for the bride. Traditionally the name of the bridegroom is worked into the Mehndi pattern of the bride. Popular traditional images used are the peacock, which is the national bird of India, the lotus flower, and an elephant with a raised trunk, which is a symbol of good luck. The earliest cosmetic use of henna was in Egypt, where the people would dye their hair and nails, and a Pharaoh's fingers and toes would be dipped before mummification. Before discovering the henna plant's cooling properties, painting the skin and dying the hair with henna became a way for the people in desert climates to cool their body temperature.

For centuries, Mehndi has been practiced in Africa, India, Asia, the Middle East and Central Eurasia for various ceremonies and celebrations.



YOU WILL NEED

- ☐ round sponge cake 20cm (8in)
- ☐ round board 30cm (12in)
- ☐ gold satin ribbon 1.5cm (${}^{1}/_{2}$in) x 95cm (38in)
- ☐ red satin ribbon 3mm (${}^{1}/_{8}$in) x 95cm (38in)
- ☐ sugarpaste white 1.7kg (4lb)
- ☐ flowerpaste 225g (10oz)
- ☐ royal icing
- ☐ leaf cutter metal 25x15mm (Tinkertech)
- ☐ rose petal cutter metal RP190 30mm (PME)
- ☐ calyx cutter R11A (Orchard products)
- ☐ rose leaf cutter R5 (Orchard products)
- ☐ poppy petal veiner (Sugar City)
- ☐ rose leaf veiner (Sugar City)
- ☐ poinsettia bract veiner (Sugar City)
- ☐ medium round head white stamens
- ☐ non-stick board and rolling pin
- ☐ floral drape roller (JEM)
- ☐ metal round headed scriber tool
- ☐ piping tube number 1
- ☐ piping bags
- ☐ paint brushes (flat 10, ${}^{5}/_{16}$in and 00)
- ☐ paint pallete
- ☐ flower pad
- ☐ bubble foam
- ☐ former
- ☐ 4 long dowels
- ☐ paste colours: melon yellow, red extra, chestnut, spruce green, paprika / flesh and tangerine (Sugarflair)
- ☐ dusting colours flesh tone (VB pear dust), antique gold, baby maize (EA), shady moss green, poppy red (SK)
- ☐ non-stick icing sheet (Bake-O-Glide)

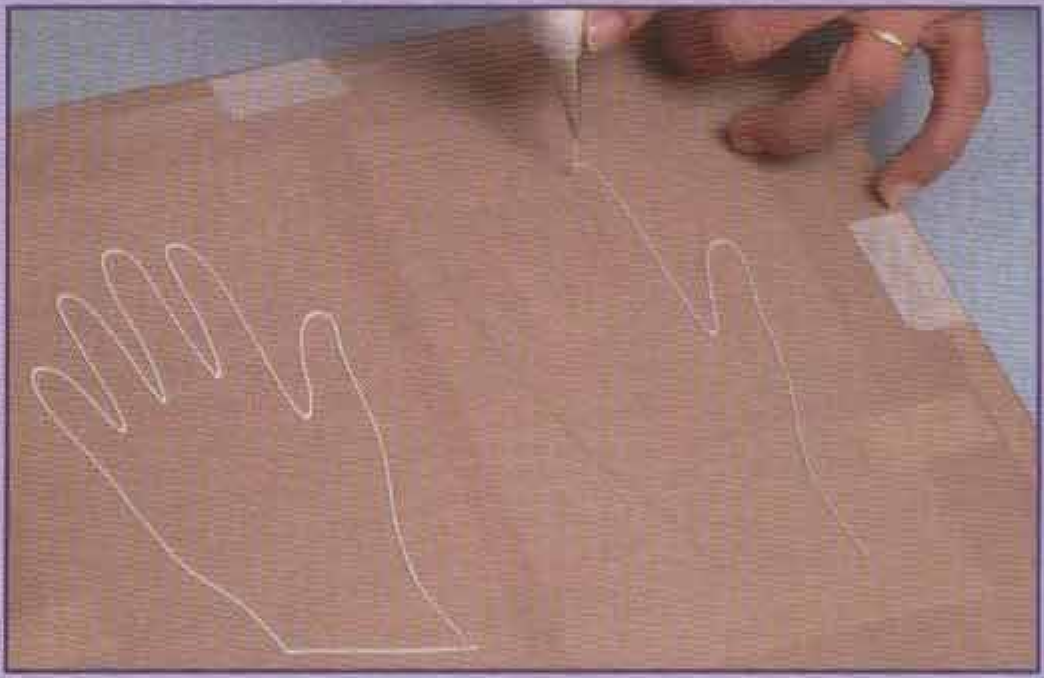
TECHNIQUE

Preparation

Cover the cake and the board with melon yellow sugarpaste and leave for 24 hours to dry. Secure the cake on the sugarpasted board with royal icing. Yellow represents the colour of bride's clothes on the Mehndi night, which is believed to give glow and beauty.

Red drape: Bride wears this during the Mehndi application ceremony. The red clothes continue throughout the wedding day.

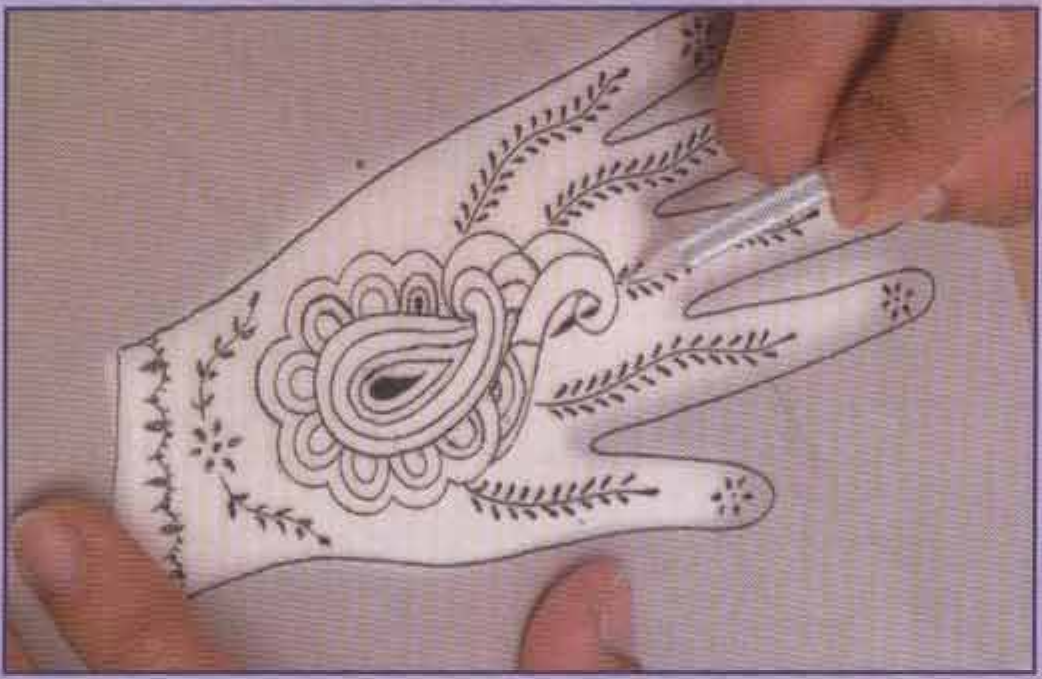
Red roses: For love, romance and fragrance.



1 Place the drawing of the hand under the bake-o-glide sheet and secure it with masking tape on the board. Pipe the outline with a number 1 tube with a light flesh colour royal icing. Make 2 or more to allow for accidental breakage.

2 Let down the flesh colour royal icing with water, pour it in a piping bag and cut the pointed tip to a size 2 piping tube with scissors. Fill in the outline with run sugar.

3 Use a fine damp brush to tease the run sugar to cover all the area. Place this under an angled table lamp for 20 - 30 minutes to speed the drying process and to give a silky sheen to the run out. Leave the hand to dry for at least 48 hours.



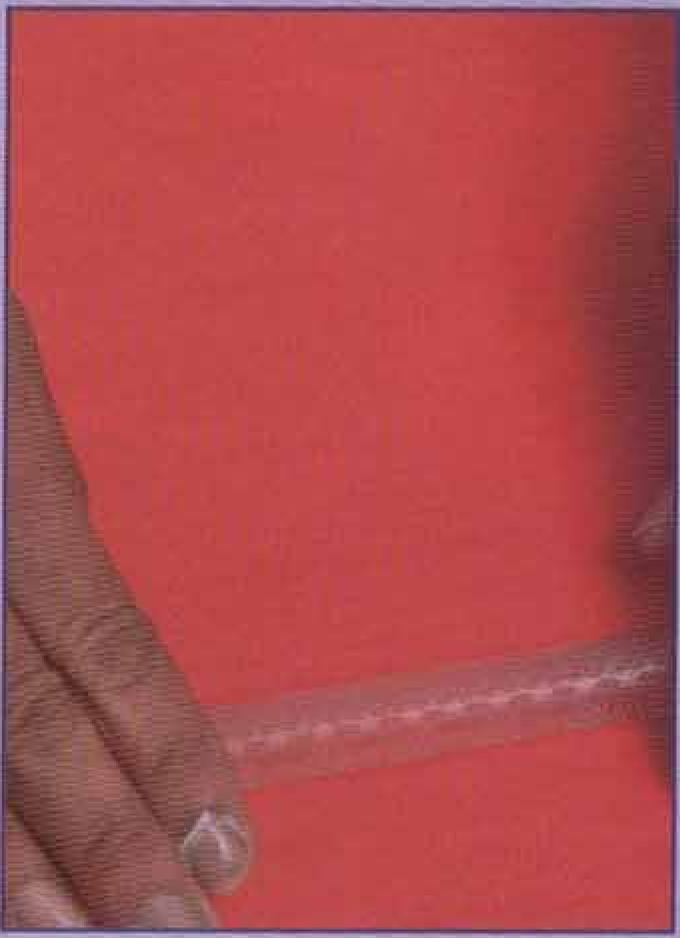
4 Trace the Mehndi design onto tracing paper with a fine black pen. Turn the paper over and go over the design with a pencil. Place the pencil side of the design onto the run-out and transfer the pattern with a fine round headed scribing tool.

5 Dust the hand with skin tone and $5/_{16}$ flat paintbrush, make sure the edges of the run-out are covered. Paint the design with a fine 00 paintbrush and a mixture of chestnut brown and tangerine paste colours. Secure the hand on the cake with a little royal icing.

Cake Tip

CRAFT & DECORATION

When painting the fine design only pick up a little colour on your brush as too much moisture can dissolve the sugar and cause an indent. For a strong colour effect, leave it to dry and then paint again. Use iso-propyl alcohol as it dries faster but be careful and always ask as the use of alcohol is prohibited in some religions.



6 Knead together flowerpaste and sugarpaste (200g each) to make modelling paste and colour with poppy red. Dust the non-stick board with corn flour and roll out the paste in a rectangle. Then roll with the floral drape roller firmly.

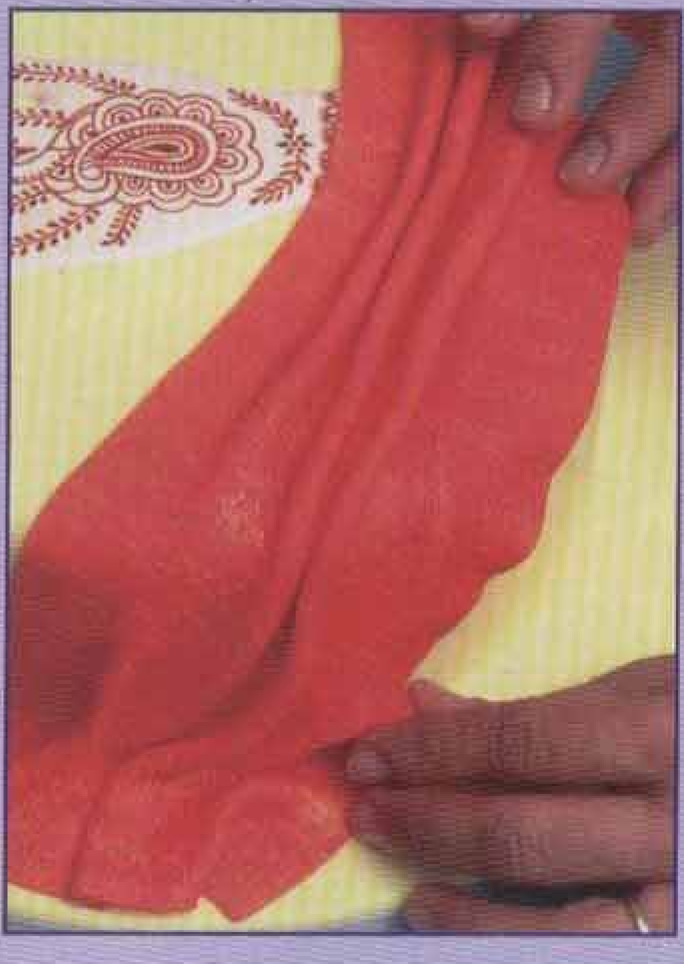
7 Cut the edges of drape straight with a knife and a ruler. Dust with antique gold across the width of the drape with a wide flat paintbrush to catch and enhance the floral texture.

Cake Tip

CRAFT & DECORATION

Mix strong colours (red or black) in advance and leave wrapped up in a polythene bag for at least 20 minutes to develop.

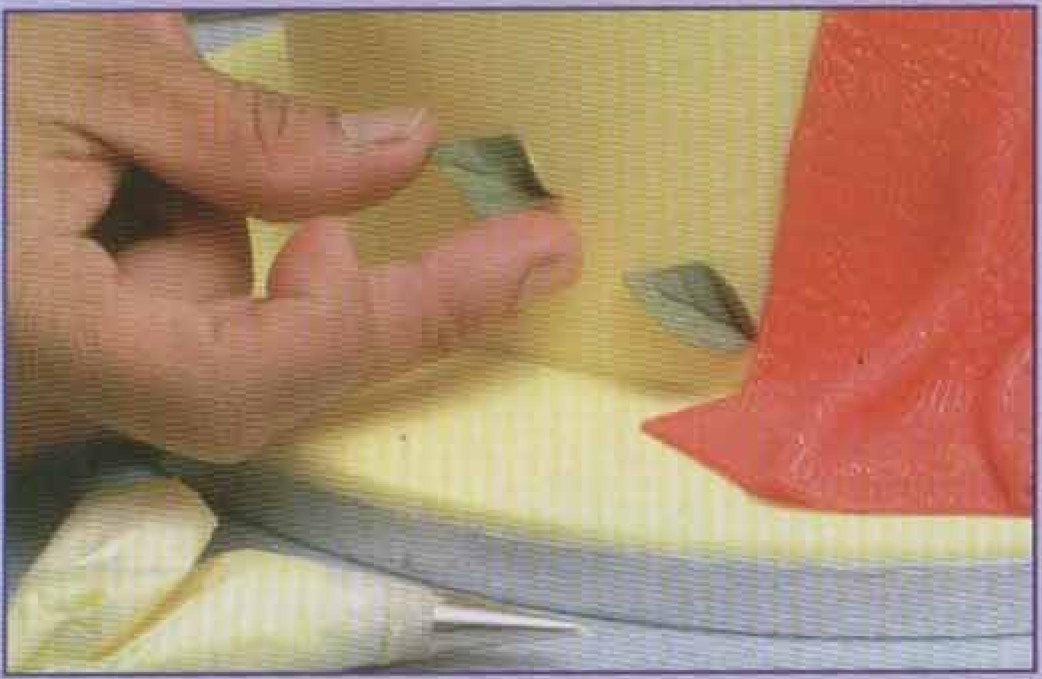
8 Lift the paste slightly with one hand and slide underneath the long dowels. Make sure that all the four dowels are evenly spaced. Press down between the dowels with a finger and push the dowels together to give folds. Leave for 2 minutes.



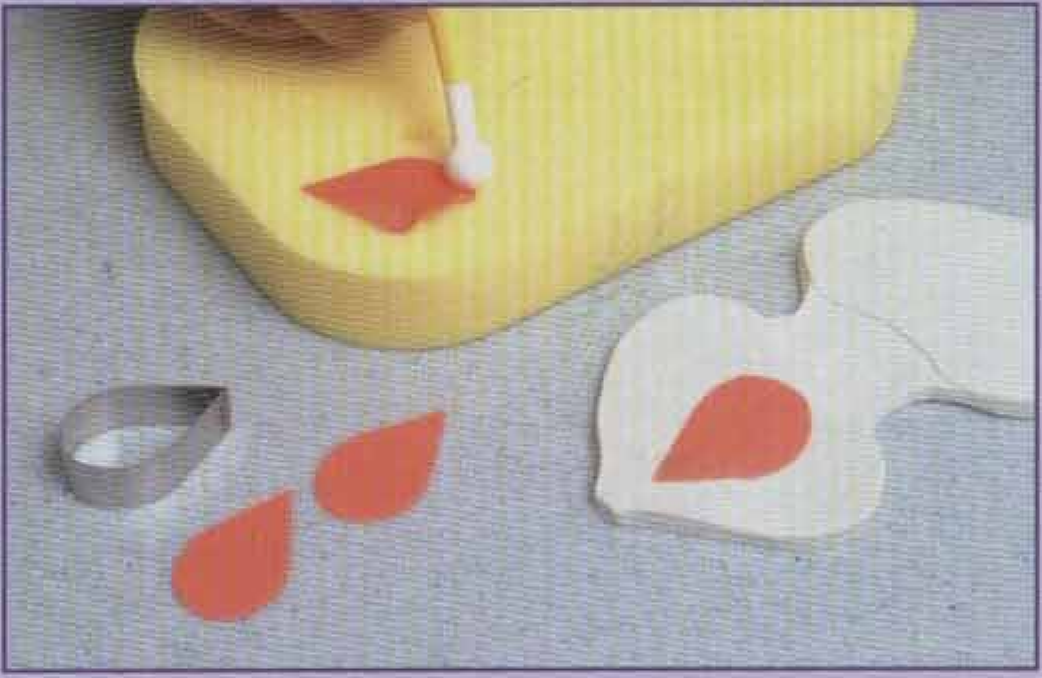
9 Slide the dowels out. Lift the drape and place onto the cake slightly overlapping the run-out hand. Adjust the folds and hold the drape in position with a little edible glue. Cut away any extra paste with scissors.

10 Roll out a little spruce green flowerpaste and cut out several Mehndi leaves. Vein the leaves with a double-sided poinsettia bract veiner. Soften the edges with a bone tool. Pinch the base with finger and thumb. Dry the leaves on bubble foam to give movement.

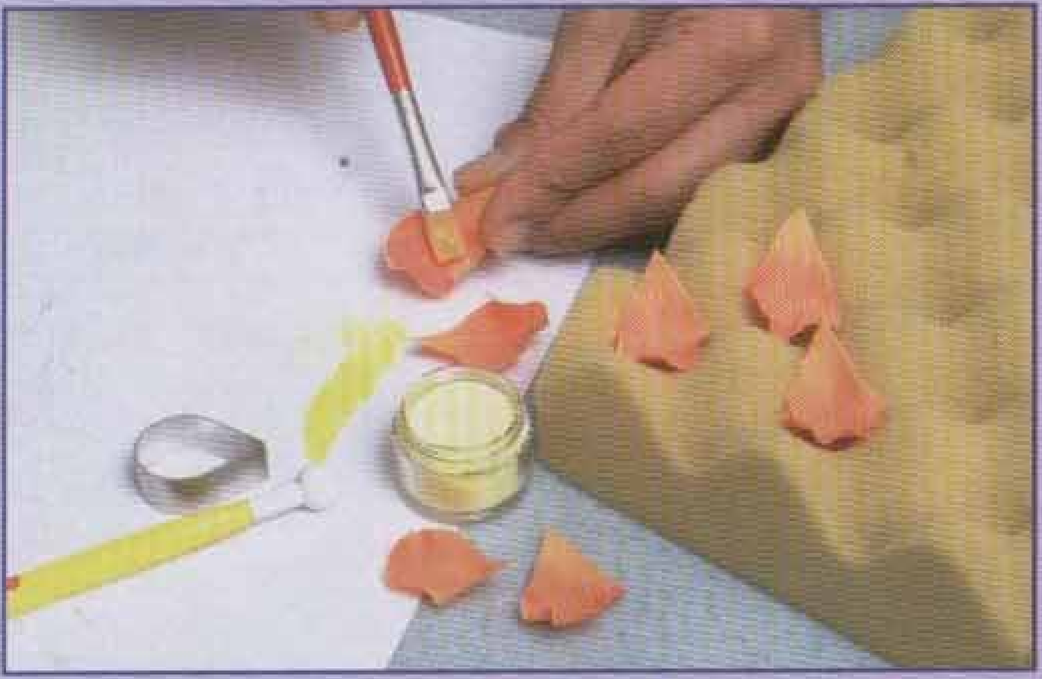
11 Dust the leaves with moss green with a flat paintbrush (5/16). Dust the edges and lower centre of the leaves with poppy red petal dust.



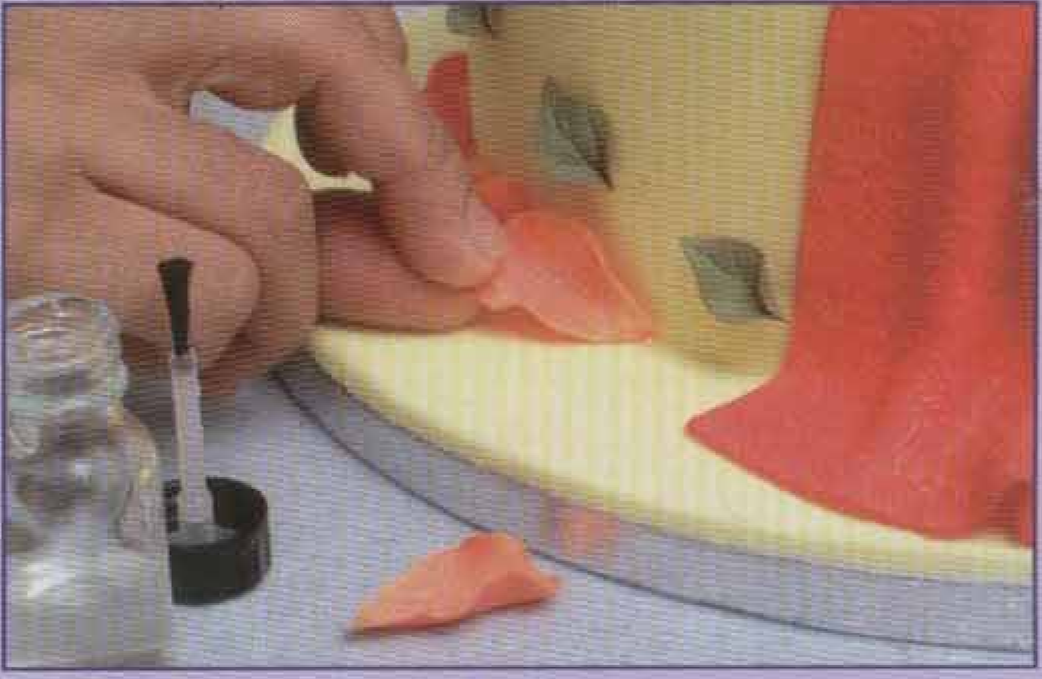
12 Arrange the leaves on the side of the cake in diagonal lines, start from the lower edge of the front drape with a dot of yellow royal icing.



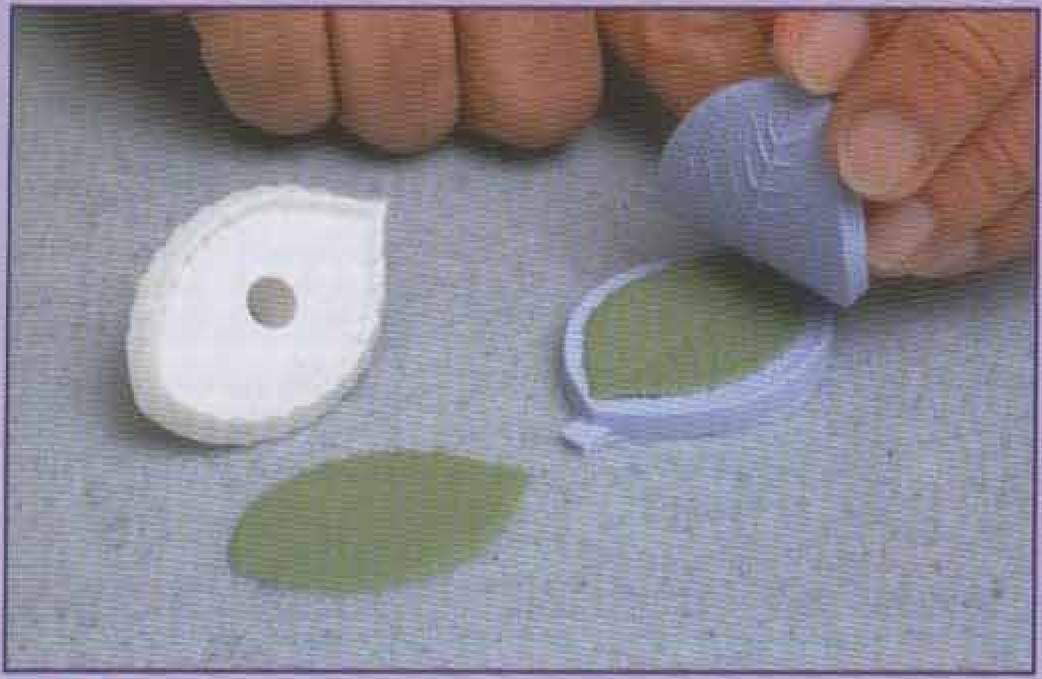
13 Colour a small amount of flower paste with poppy red and a little melon. Thinly roll out the paste and cut out the rose petals. Vein with a poppy veiner and soften edges with a ball tool. Leave the petals to dry on bubble foam in a slight curve for about 5 - 10 minutes.



14 Dust across the veins, edges and central base area of each petal with baby maize, with a flat brush and leave to dry as before for a further five minutes.



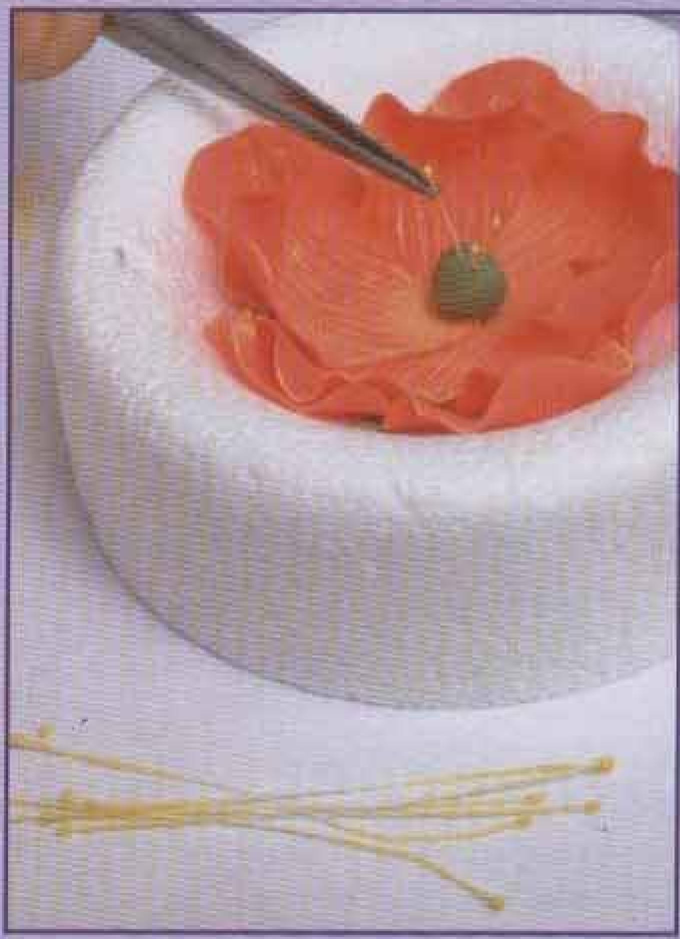
15 Attach each petal on the base edge of the cake slightly overlapping the previous petal with a little edible glue.



16 Roll out moss green flower paste and cut out a rose leaf. Vein with rose leaf veiner and soften edges with ball tool. Attach the leaf with glue overlapping the drape edge near the wrist of the run out.

17 Roll and cut out a rose calyx in moss green flower paste. Soften the edges and place in the celformer. Arrange five rose petals to cover the gaps between the sepals. Attach the base of the petal in the centre of the calyx with little glue.

18 Arrange another layer of five petals; cover over the join of petals with the second layer. Petals should be more curved in and have more overlap to appear a little closer to the centre of the flower.



19 Glue a small green ball of flower paste in the centre of the flower. Cut about 15 - 20 medium stamens in half with scissors and dust with maize. Push each stamen into the green paste with tweezers and leave to dry for 24 hours.

20 Attach the rose in position with little royal icing. Finally attach gold satin ribbon to the board edge with a glue stick. Attach the narrow red ribbon in the centre of the gold ribbon.

Cake
DIFFICULTY RATING
Love is ...Forever

Hearts & Cherubs

by Jo Marcangelo

Angelic cherubs that will leave a lasting impression on everyone.

Preparation

Place both cakes on waxed paper and cover each with buttercream or apricot glaze and marzipan, as appropriate. Cover each cake with ivory sugarpaste, 1.5kg (3lb) for the 25cm (10in) cake and 500g (1lb) for the 15cm (6in) cake. Leave the cakes to dry for up to a week.

YOU WILL NEED

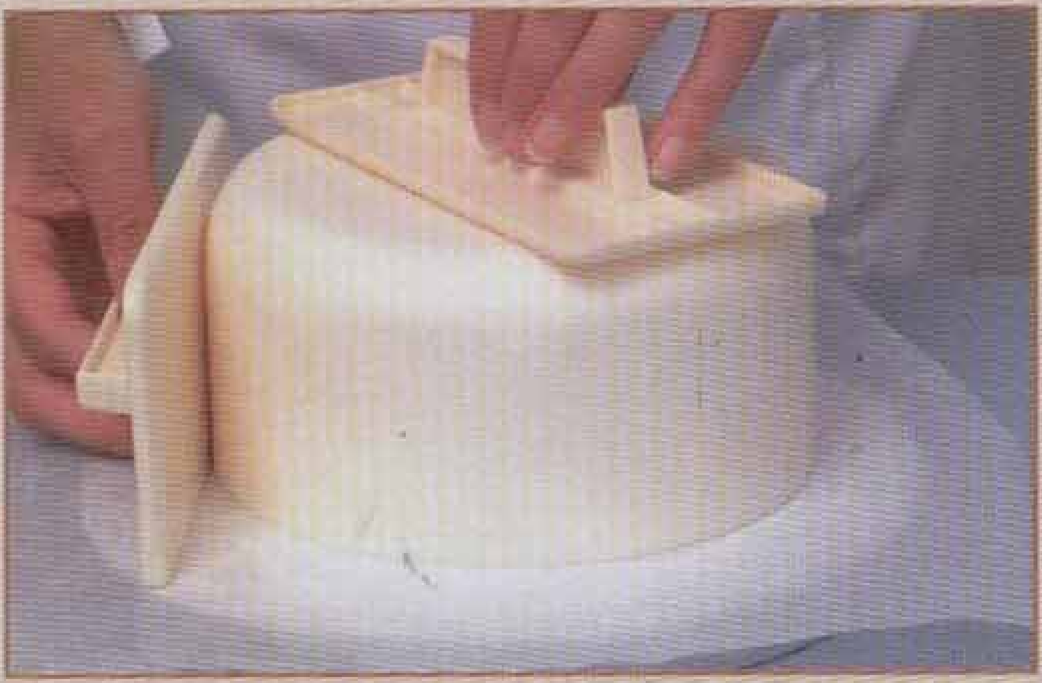
- heart shaped cake 25cm (10in)
- round cake 15cm (6in)
- cake drums round 36cm (14in) and 23cm (9in) (Culpitt)
- cake card 10cm (4in) round
- hardboard cake board heart 25cm (10in) (Culpitt) (optional)
- buttercream and/or apricot glaze
- marzipan 2kg (4lb)
- sugarpaste, celebration 2.6kg (5lb 8oz) (Regalice)
- gum glue (EA)
- flowerpaste cream (SK)
- cornflour
- lustre colours bright gold and platinum gold (EA)
- painting solution (EA)
- small quantity of royal icing
- waxed paper
- gold heart-shaped cake separator (Lindy's Cakes)
- large and small non-stick rolling pins
- smoothers*
- piping tubes numbers 2 and 3*
- disposable piping bag
- till roll or squared paper
- tilting turntable*
- heart plunger cutters*
- ejector tool*
- hearts, stars and cherubs cutter set*
- script alphabet set*
- 4 dowels
- wires, gold 24 gauge (Hamilworth)
- wire cutters
- small posy pick
- nylon thread
- small piece non-slip mat
- firm foam pad*
- fine paintbrush
- glass-headed pins
- ribbon 3mm and 15mm
- non toxic glue stick

*Available from FMM. See their advertisement in this issue.

BOARD COATING

1 Cover the boards with sugarpaste and cut out the centres where the cake will sit.

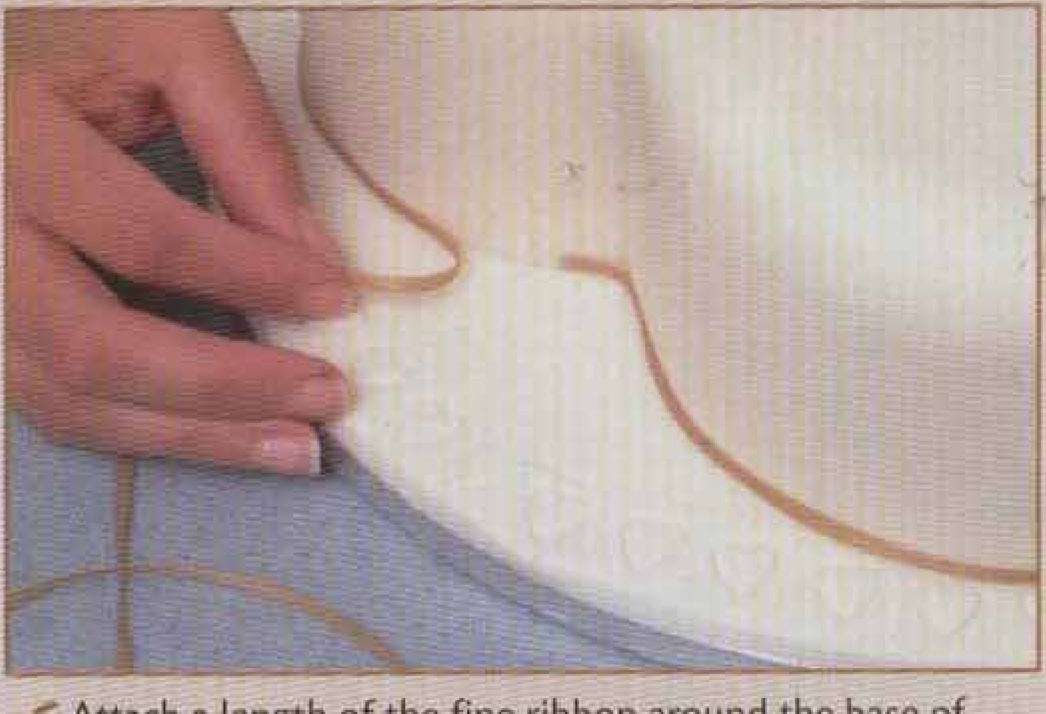
2 Whilst the sugarpaste is still soft, emboss a heart pattern around the edge of the boards, with the small heart shaped cutter on the round board and the medium heart shaped cutter on the heart shaped board.



3 Gently smooth the paste down and around the side of the cake. Trim away any excess from the base of the cake. Use smoothers to achieve the best finish to the surface and leave to dry.

4 Carefully lift the cake from its waxed paper and place centrally onto the prepared board. Use the palm of your hands to pick the cake up; this will prevent any finger marks on the icing. Secure the cake to the board with apricot glaze.

5 Blend a little of the ivory sugarpaste with clear alcohol and place into a piping bag with a number 2 tube. Pipe a fine line of softened sugarpaste around the base of the cakes.



6 Attach a length of the fine ribbon around the base of each cake and secure at the back with royal icing.

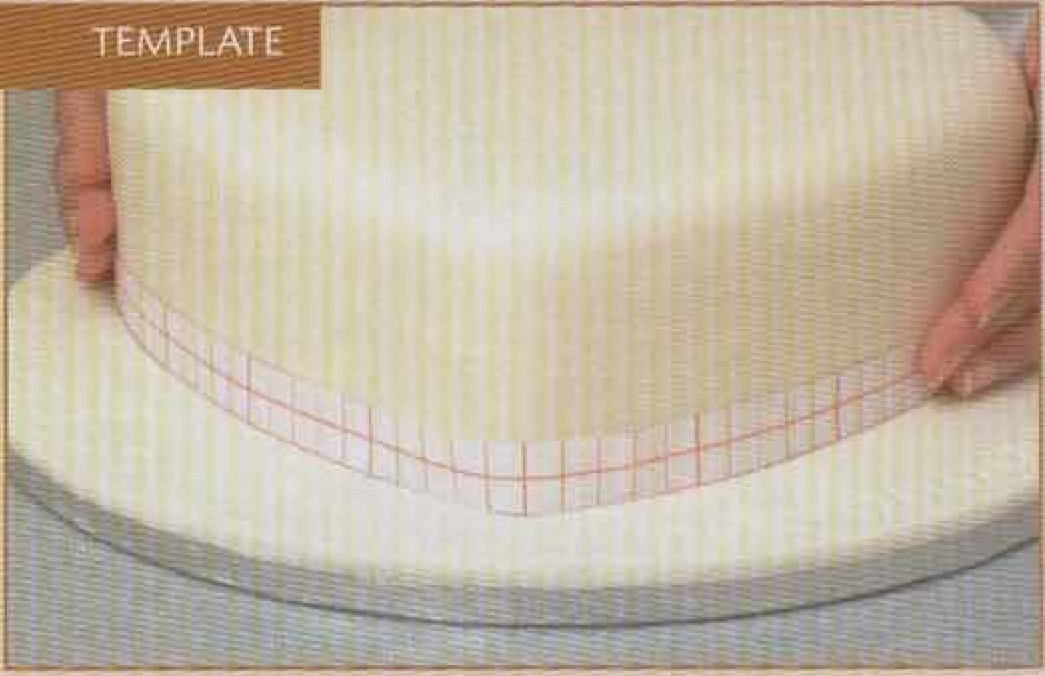
Cake Tip

Remember the smaller the nozzle, the more water that is required to make the icing softer and easier to pipe.

TECHNIQUE

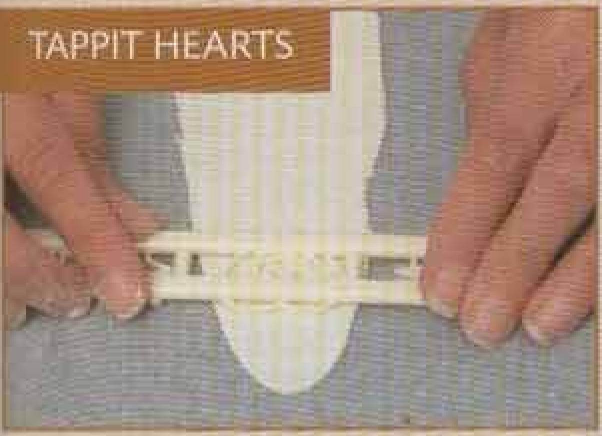
Place a metre and a half of fine ribbon in water and draw it through your fingers to remove the excess moisture. Attach the ribbon to the base of the cake, hold in place with glass headed pins. Remove the pins once the ribbon has dried.

TEMPLATE



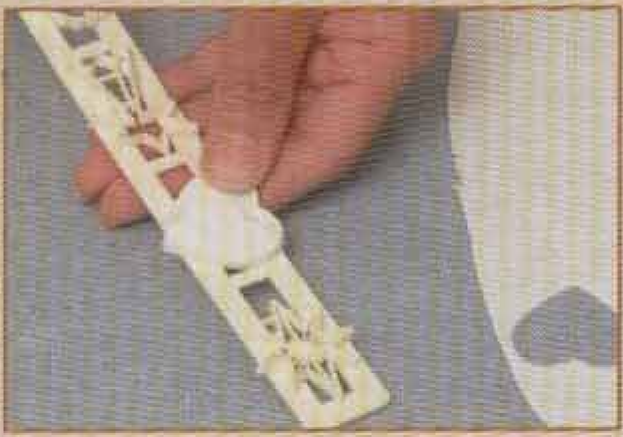
7 Take a narrow strip of till roll or squared paper and secure around the cake, use to help space the heart motifs evenly around the sides.

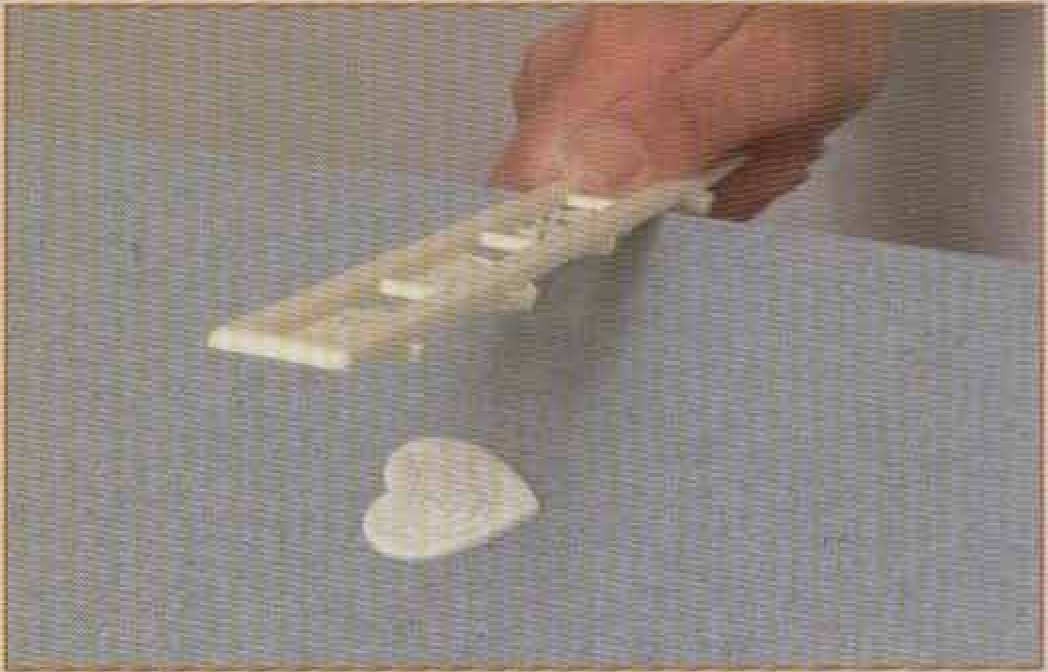
TAPPIT HEARTS



8 Roll out the cream flower paste finely. Dust lightly with cornflour and place the cutter across the paste. Rub the cutter backwards and forwards and press firmly to cut.

9 To obtain the additional detail press the paste firmly into the cutter.

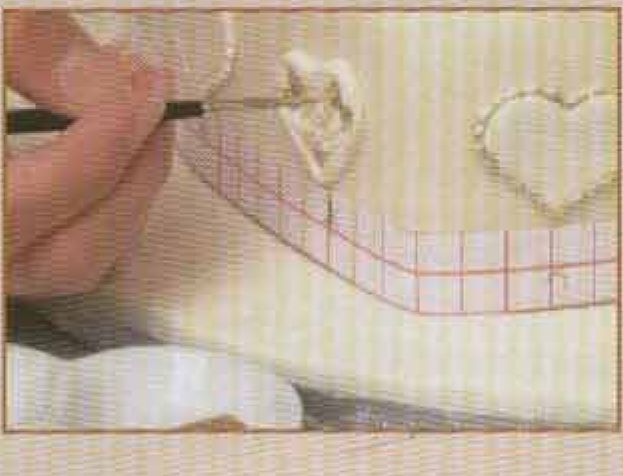


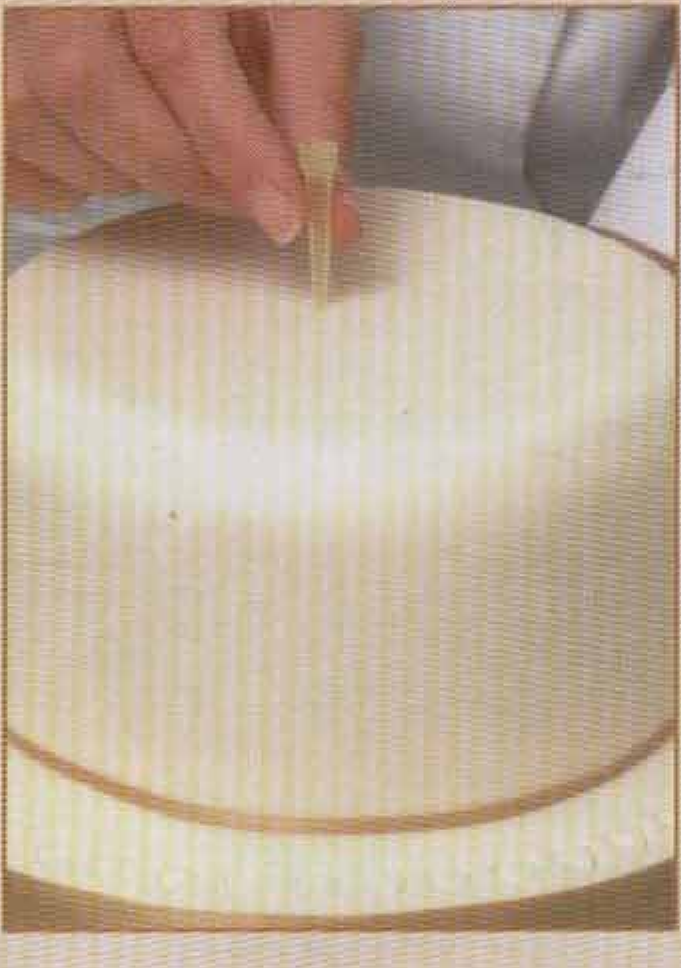


10 To release the shapes, hold the cutter at one end and tap sharply onto the edge of the work surface. Tap as close as possible to the chosen shape and either catch the cut out shape in the hand or allow it to fall onto the work surface.

11 Attach the hearts to the sides of the cake with gum glue or clear alcohol; make sure that they are evenly spaced.

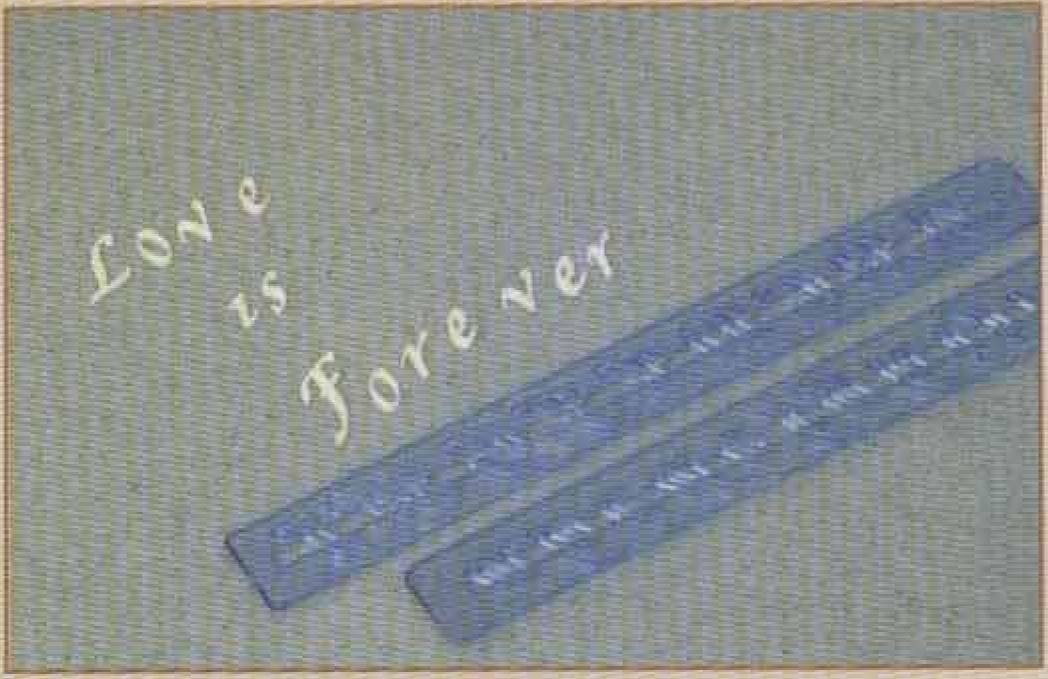
12 Paint the rose leaves and edges with gold lustre dust and a little painting solution. Paint the hearts and roses with platinum lustre dust.



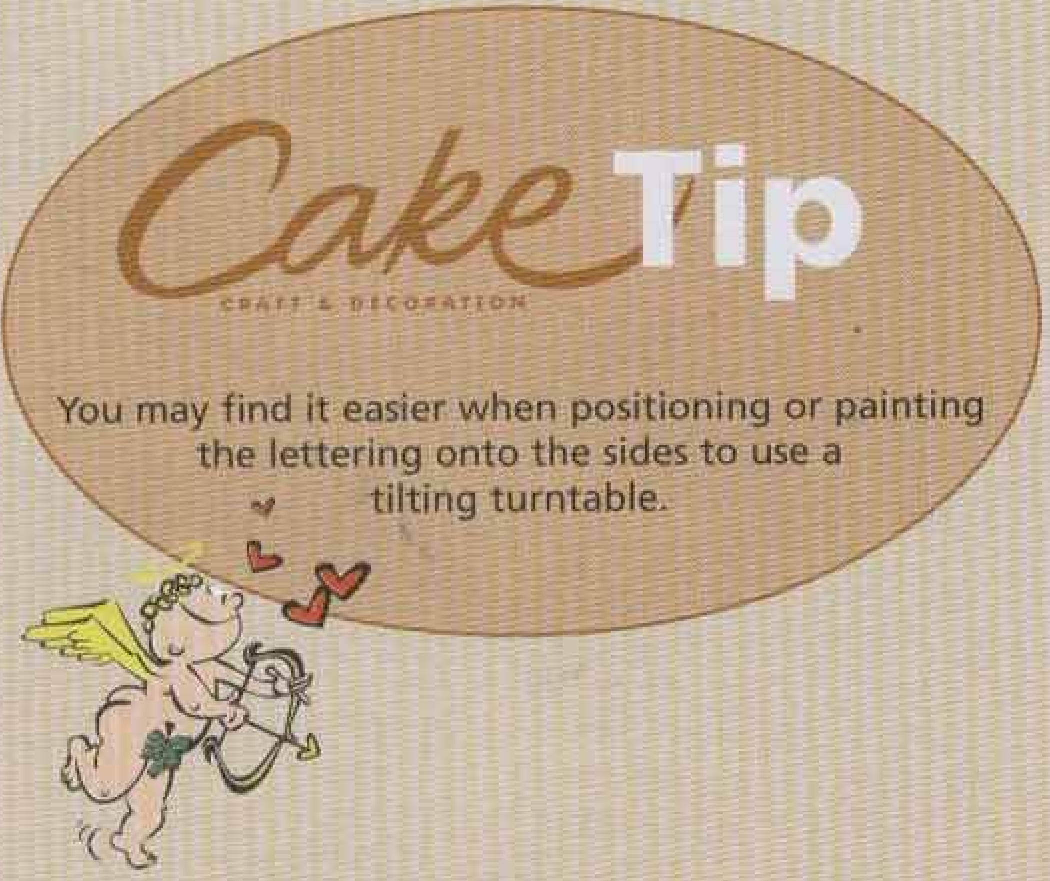


13 Push a small posy pick into the top of the cake. Once again, take a narrow strip of squared paper to fit around the cake, remove and fold in half.

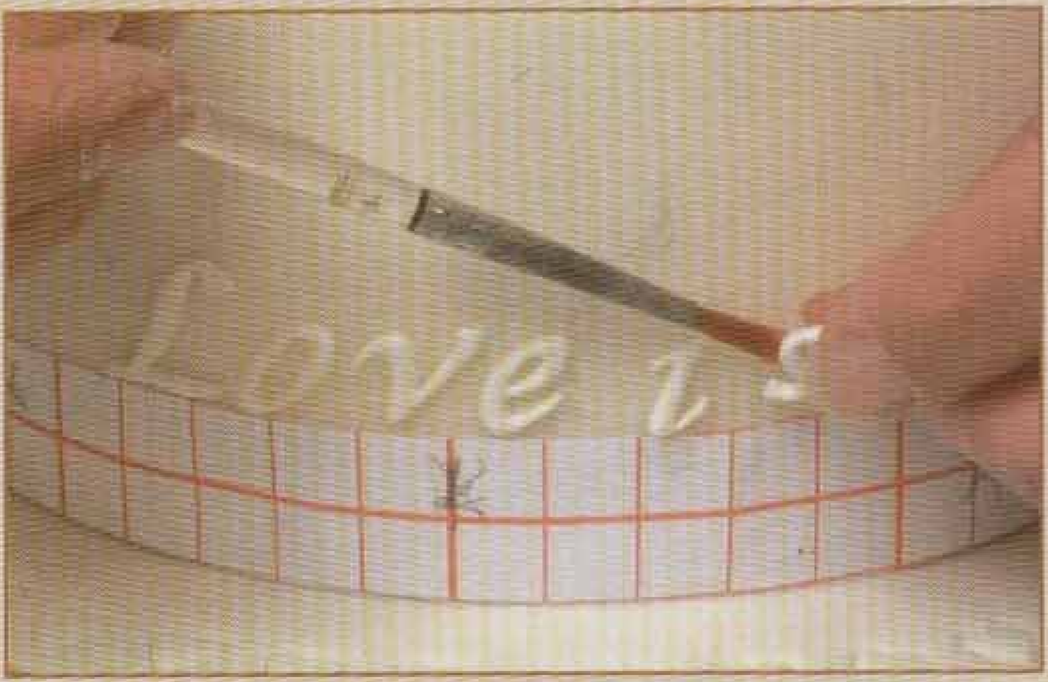
14 Roll out a small quantity of cream flower paste and dust with cornflour. Fit the ejector into the cutters and cut out two small and two medium heart shapes. Press the plunger to eject and release. Use the tip of a number 3 tube to cut out several circles.



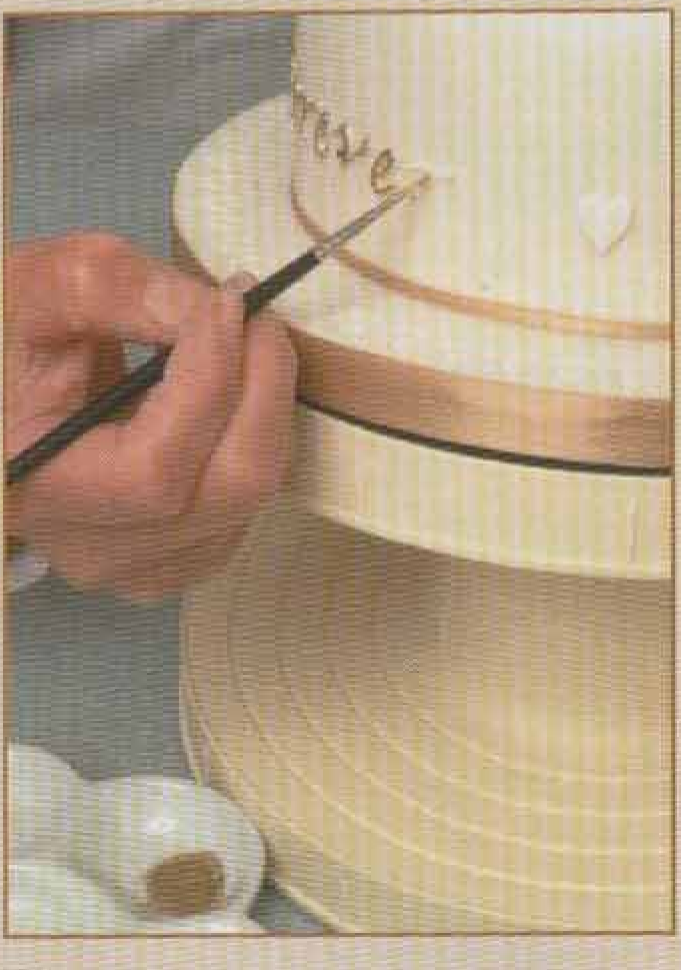
15 Roll out a little cream flower paste finely and cut out the words 'Love is Forever' twice, use the technique described in steps 8 and 10.



You may find it easier when positioning or painting the lettering onto the sides to use a tilting turntable.

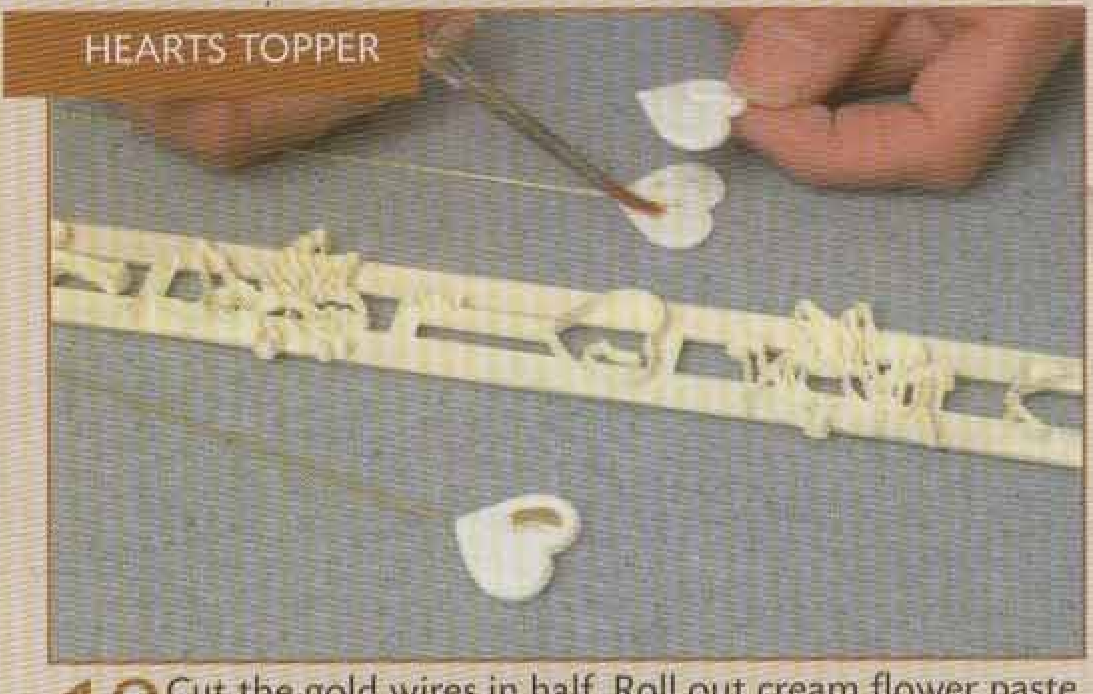


16 Return the strip to the cake with the appropriate markings and attach the lettering changing the dot over the 'I' for a tiny heart. Place a medium size heart on each side of the lettering.

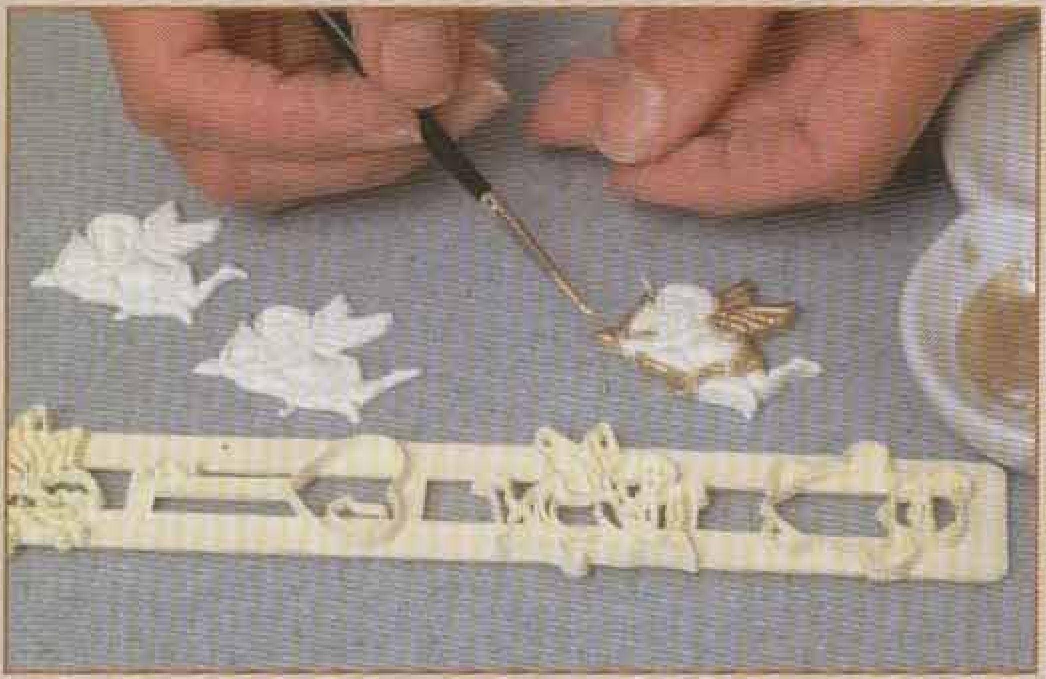


17 Paint the lettering and hearts with a fine paintbrush and bright gold lustre dust mixed with a little painting solution.

HEARTS TOPPER



18 Cut the gold wires in half. Roll out cream flower paste thinly onto a surface lightly dusted with cornflour. Cut out ten hearts. Stick two heart shapes back-to-back with gum glue; enclose the wire approximately half way down the heart and leave to dry flat on a firm foam pad.



19 Cut out six cherubs. Place a length of nylon thread through the middle from top to bottom. With a little gum glue, stick another cherub on top of the first to sandwich the nylon thread.

20 To dowel the bottom tier, centre a 10cm (4in) cake card (the size of the cake separator base plate) and scribe around the edge of the board to leave a visible outline. Dowel the cake in the usual way, to support the separator.

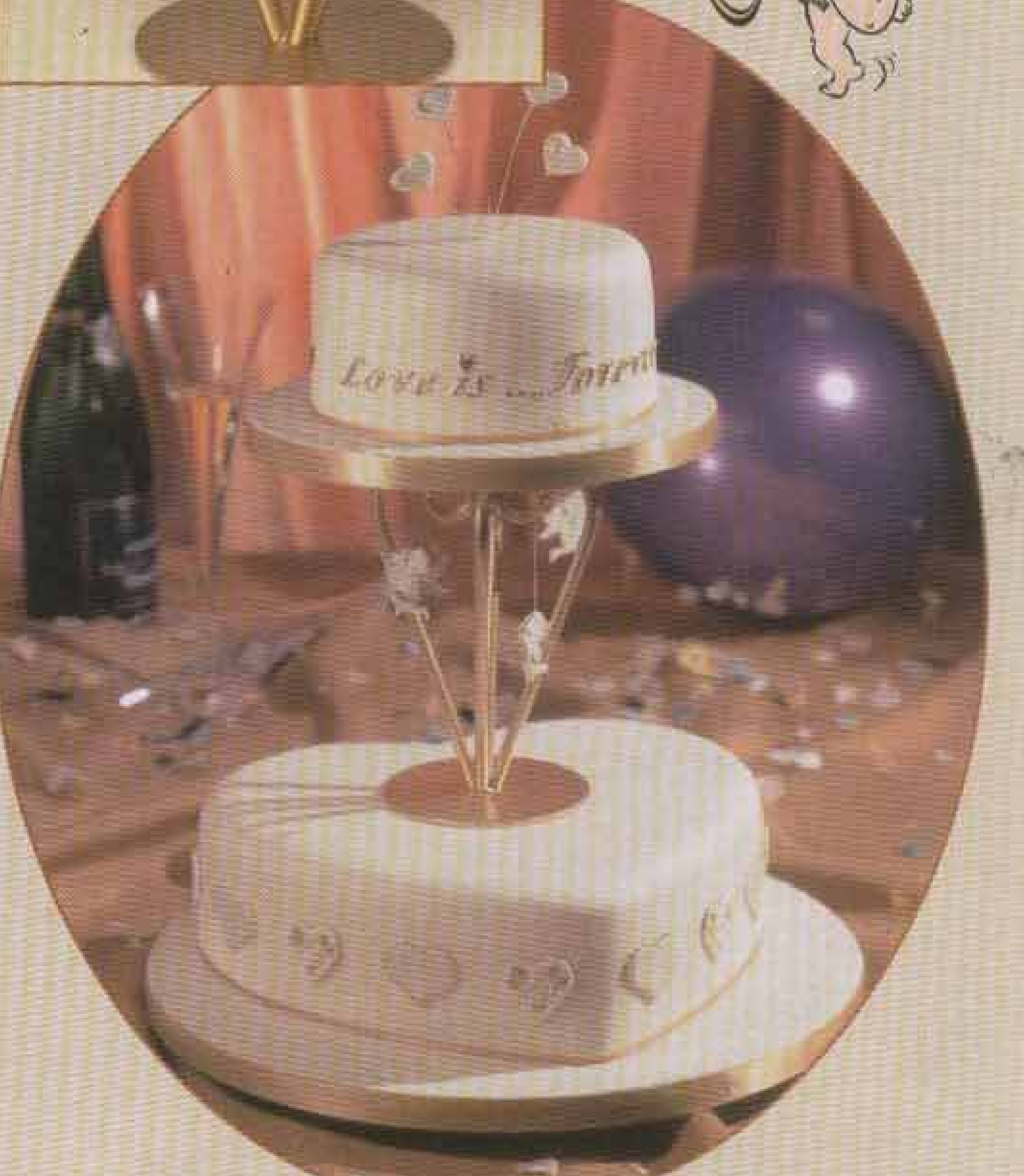
21 When dry, highlight the cherubs with the gold lustre colour and allow to dry. Secure to the top of the separator with a piece of sticky tape.

Cake Tip

CRAFT & DECORATION

Before you place your gold separator in position we advise that you stick a thin cake card to the base of the separator with royal icing. This acts as a barrier as the separator should not touch the cake.

22 Fill the posy pick with cream flower paste and press into the centre of the cake and leave to dry, slightly. Push the wired hearts into paste in the posy pick. Place the top tier on the cake separator and hold in position with non-slip mat.



Ribbon Craft

by Nadene Hurst

Craft to Cake part 2

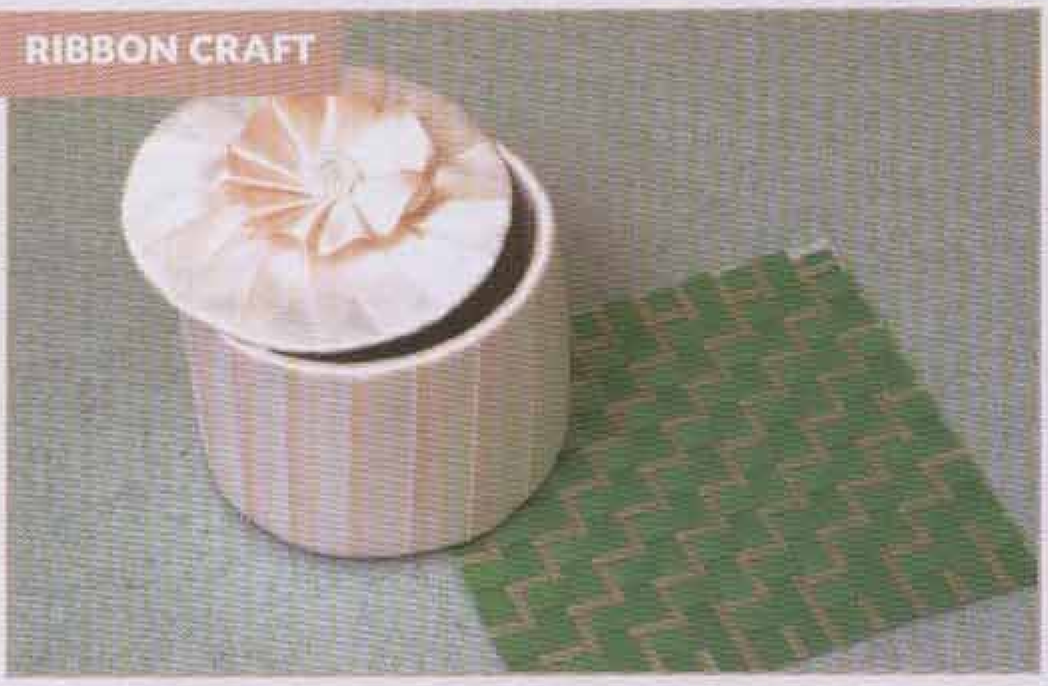
Ribbons have been used as decoration, especially on clothing, for hundreds of years. The variety of colours and patterns available today are wonderful, just take a look at the display in your local sugarcraft shop! The technique of ribbon craft uses ribbons to create gift items, such as boxes, pictures and greeting cards, and at a more complicated level designs with woven patterns. The woven ribbon cushions are particularly beautiful. Try it in sugar, and you may have found yourself a new hobby.

My thanks for help and advice to Patricia Mosscraft who teaches Ribbon Craft and displays her work at Craft Shows.

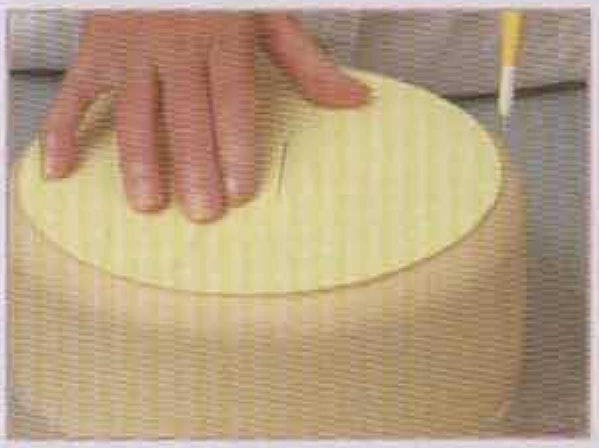
YOU WILL NEED

- cake round 20cm (8in)
- cake board round 28cm (11in)
- marzipan 750g (1½lb)
- sugarpaste white 500g (1lb)
- flowerpaste150g (5oz)
- colours pink and brown
- rose pale pink
- spacers 2.5mm (⅛in)
- stitch wheel (PME)
- ruler 3.5cm (1½in) wide
- pizza wheel
- airbrush
- sugar shaper
- strip cutter 6mm (JEM)
- heart cutters (Wilton)

RIBBON CRAFT



1 Samples of two techniques are shown here, box making, made by overlapping ribbon on a base, and ribbon weaving. Both have been utilised in the design of our cake.



2 Cut out a 19cm ($7^{1}/_{2}$in) circular template with a "V" shape in the centre to enable you to pick it up. Cover the cake in marzipan, place the template on top and score a circle round it.

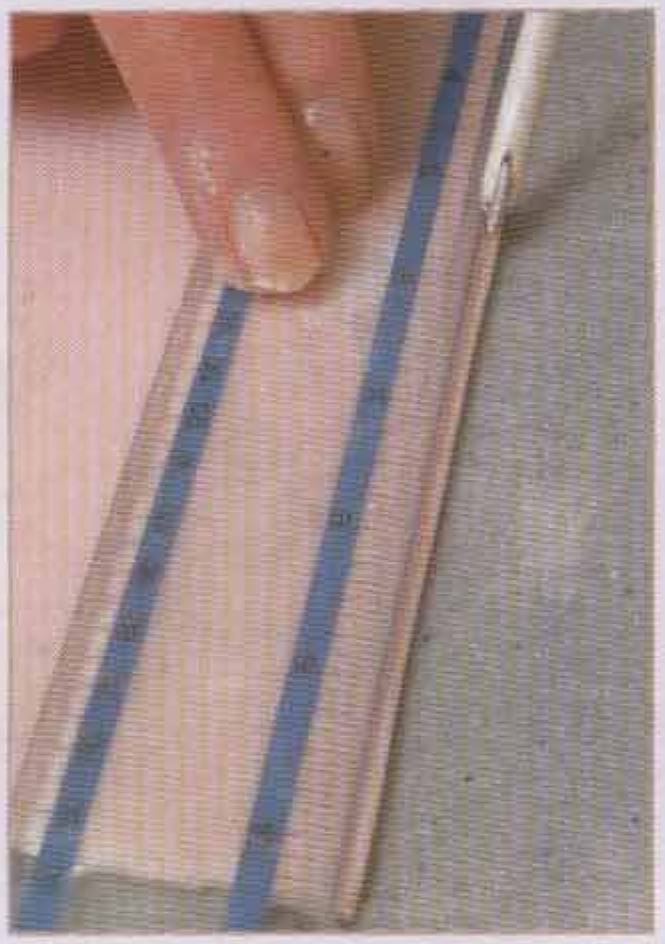
3 Mix the sugarpaste and 125g (4oz) flowerpaste together and colour pale pink. Roll out between the spacers and cut out a circle with the template.

Cake Tip

To make the colour illustrated add a tiny amount of brown to your pink colour; this takes away the brightness and makes a softer colour.

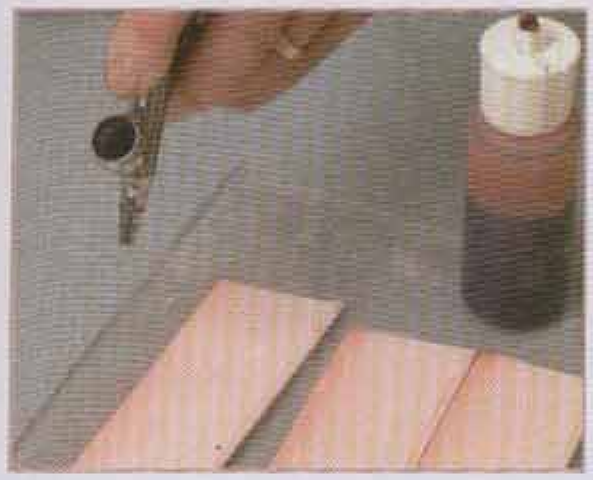
It is not necessary to add flowerpaste to the sugarpaste, but it will make the paste easier to handle.

4 Brush the top of the cake with boiled water and lift the circle on to it, use the scored line as a guide. Place the template on top again to check that the circle is still accurate, and trim if necessary.

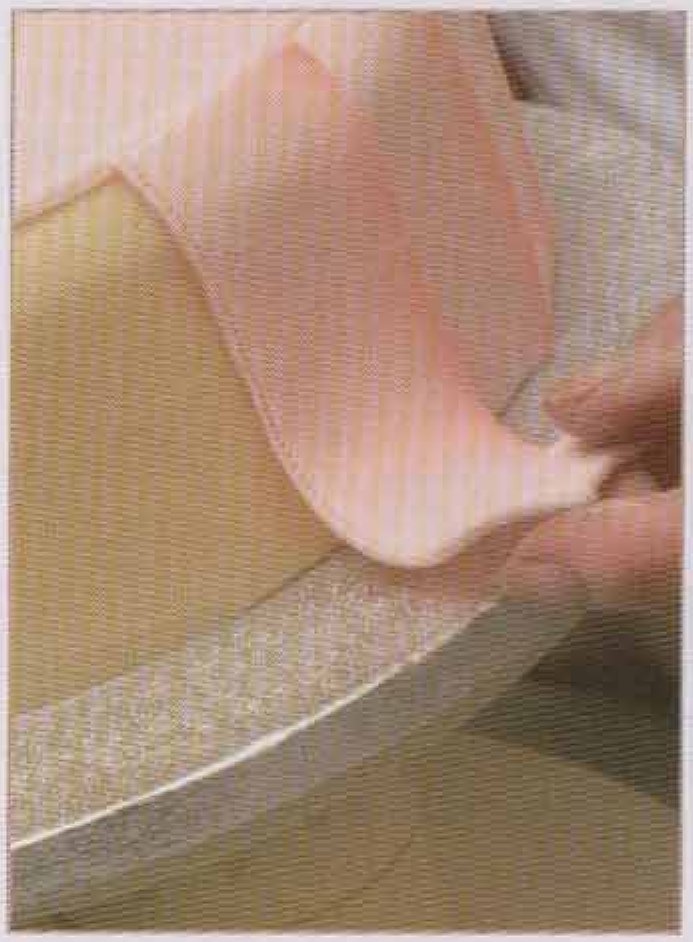


5 To make the ribbons, roll out a small amount of the paste each time, about 75g ($2^{1}/_{2}$oz), with the spacers. Place a ruler on the paste and cut a straight line. Move the ruler slightly to one side and run a line of stitches with the stitch wheel. If you use a pizza wheel to cut the paste; this will leave a clean cut line without drag marks.

6 Leave the ruler in place and cut down the opposite side. Make another line of stitching inside. Cut more ribbons the same width as the ruler. Continue until you run out of paste. If your ruler is narrower, you will need more ribbons to cover the side of the cake.



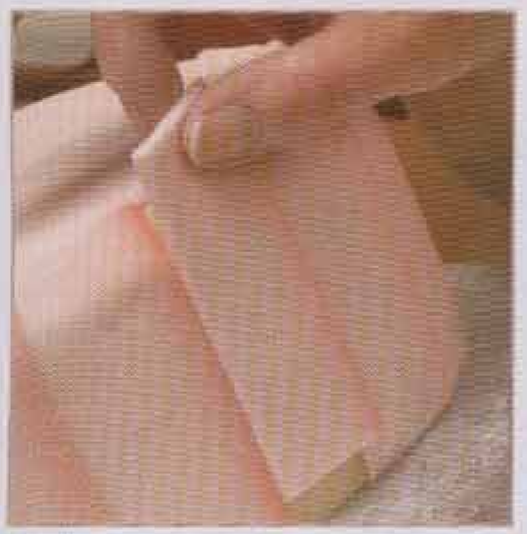
7 Cut across the top of the ribbons, the other end will be trimmed at the base of the cake. Place them onto a sheet of kitchen paper and airbrush down the stitched edge, with the same colour as you used for the paste.



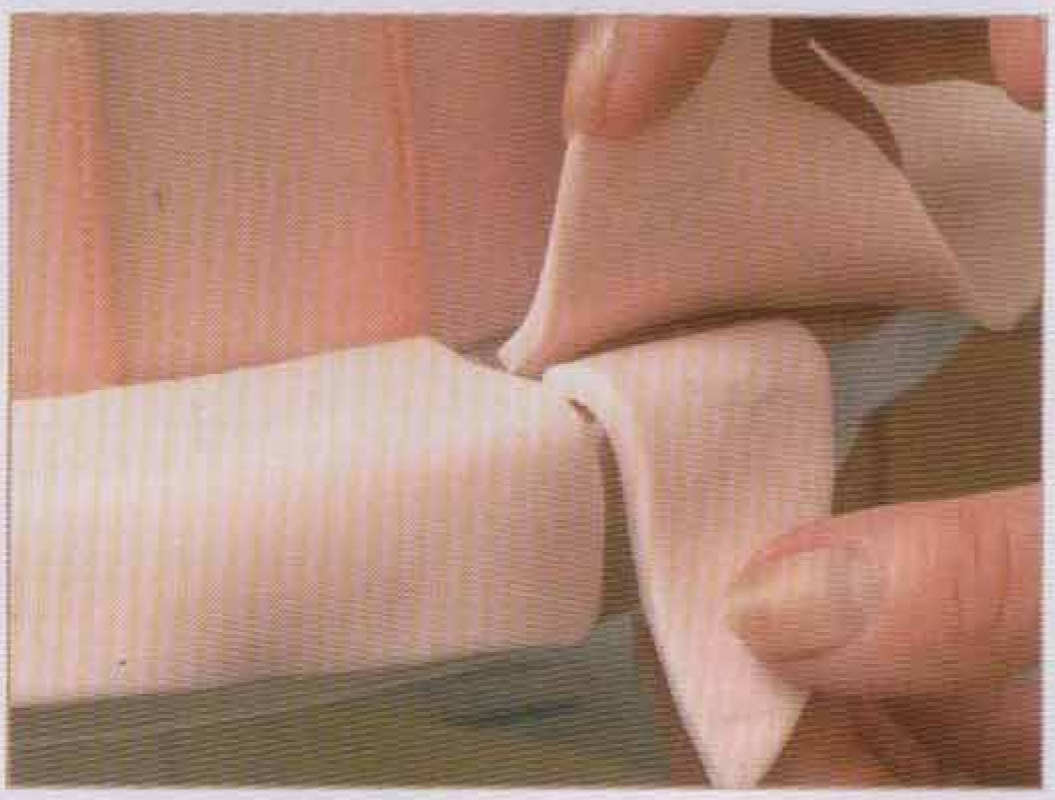
8 Brush a short width on the side of the cake with edible glue and attach the first ribbon with the top edge positioned along the outside of the top circle. Overlap the next one slightly, keep the stitched edge visible. Check that each ribbon is straight with a small ruler.

Cake Tip

You can use dusting powder instead of airbrushing.



9 When you reach the last piece, you may have an uneven space. Measure, and then cut out this ribbon separately. Overlap as before, but place the plain edge flat against the first ribbon. You will not be able to place the ribbon underneath, as it will be too dry to lift.



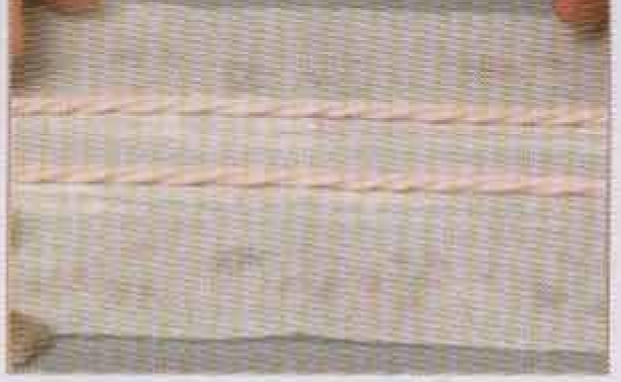
10 Roll out the paste with the spacers, and cut two wide strips to cover the board. Brush the board with boiled water and place the strips on, overlap at the joins. Cut through both thicknesses and press together and then smooth. Trim round the edge and leave to dry.

Cake Tip

Reduce edible glue with boiled water so that it can be easily brushed onto a large surface. A good alternative is to water down royal icing.

11 Soften enough paste for the top and bottom edges, slightly with water and insert into the sugar shaper. With the largest trefoil shaper, press out the paste until the barrel is empty.

12 Place the rope onto a piece of kitchen paper and brush with a pearl dust. Then twist the rope by rolling in opposite directions at the ends.

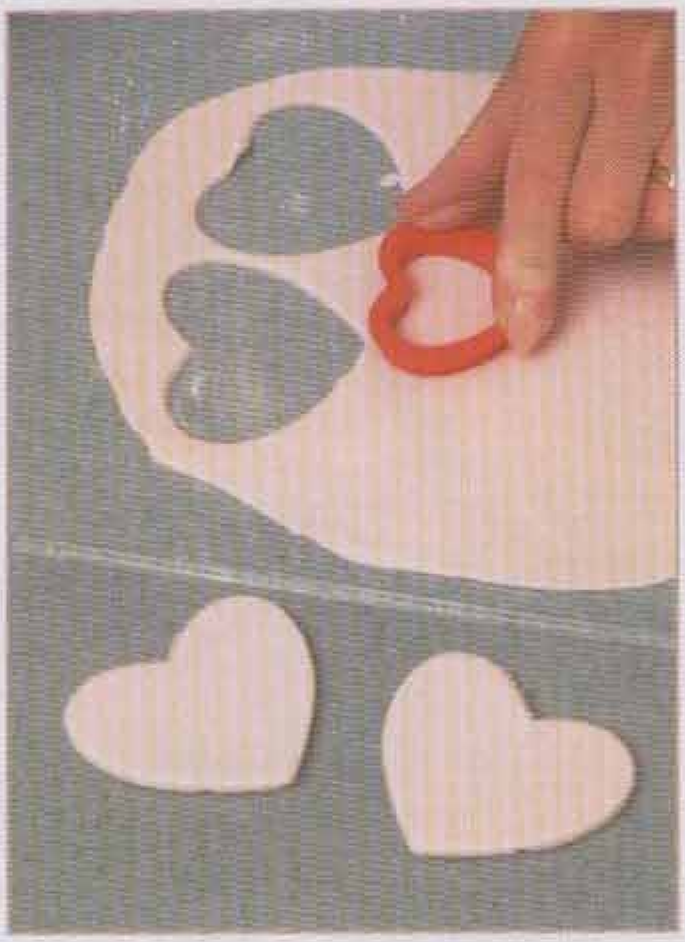


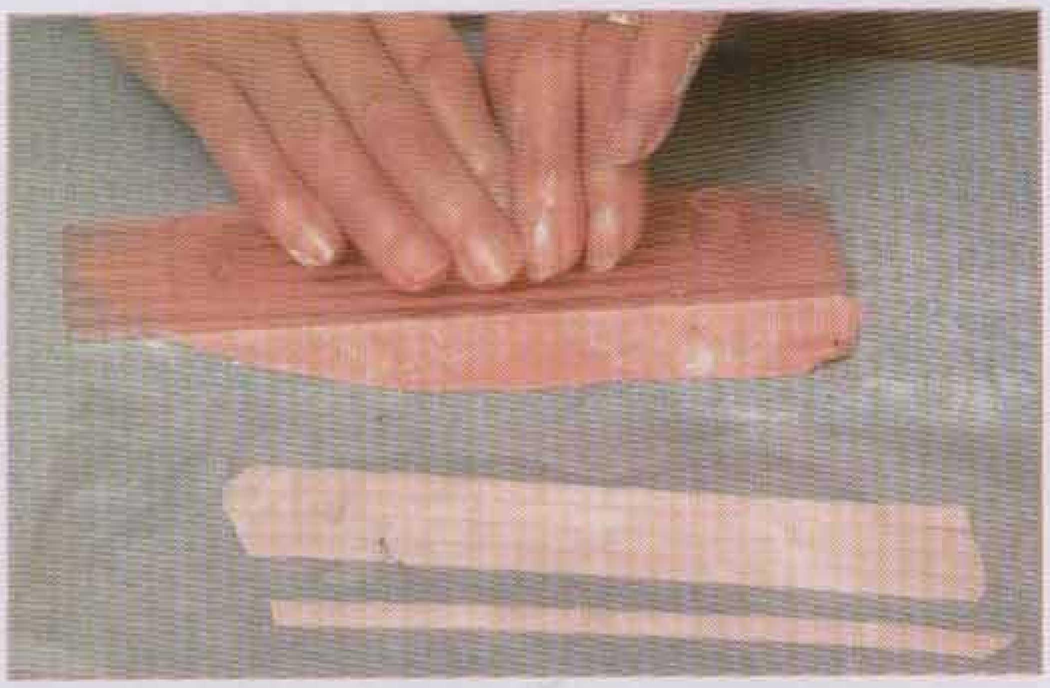
Cake Tip

Rub vegetable fat on the pusher before placing it in the barrel. This makes it easier to undo, when you need a refill.

13 Place around the top of the cake to cover the join. You will need a second length of rope to complete the circle. To join, cut at an angle along a twist line and lay one against the other. Repeat the process round the base of the cake.

14 Add a little more flowerpaste to your left over sugarpaste mixture and roll out thinly. Cut out two large hearts and one small heart. Leave to skin over on run-out film.

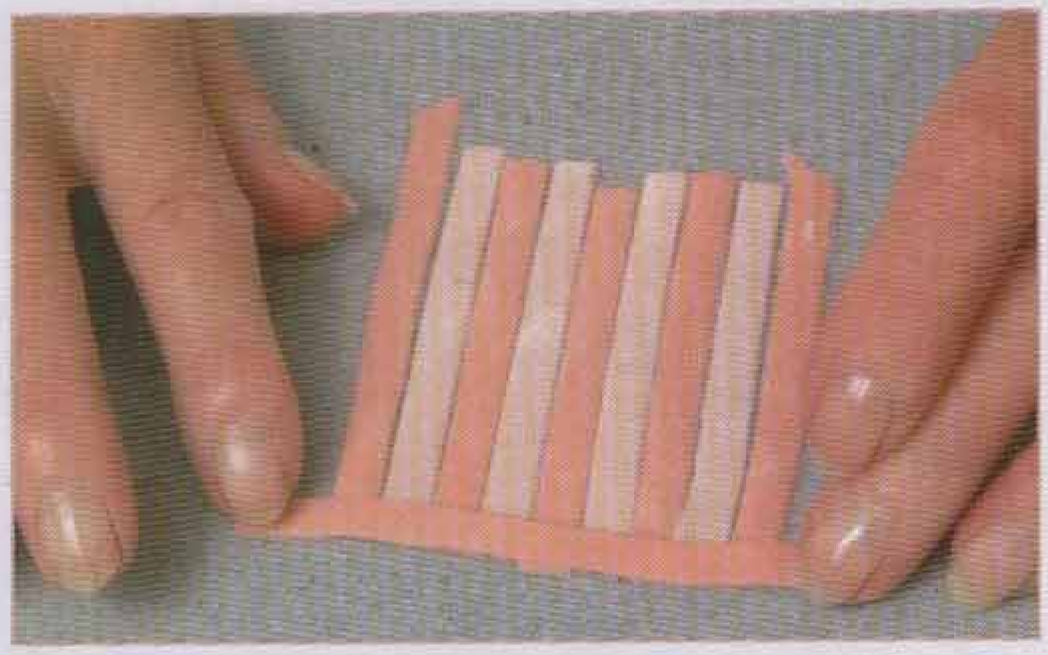




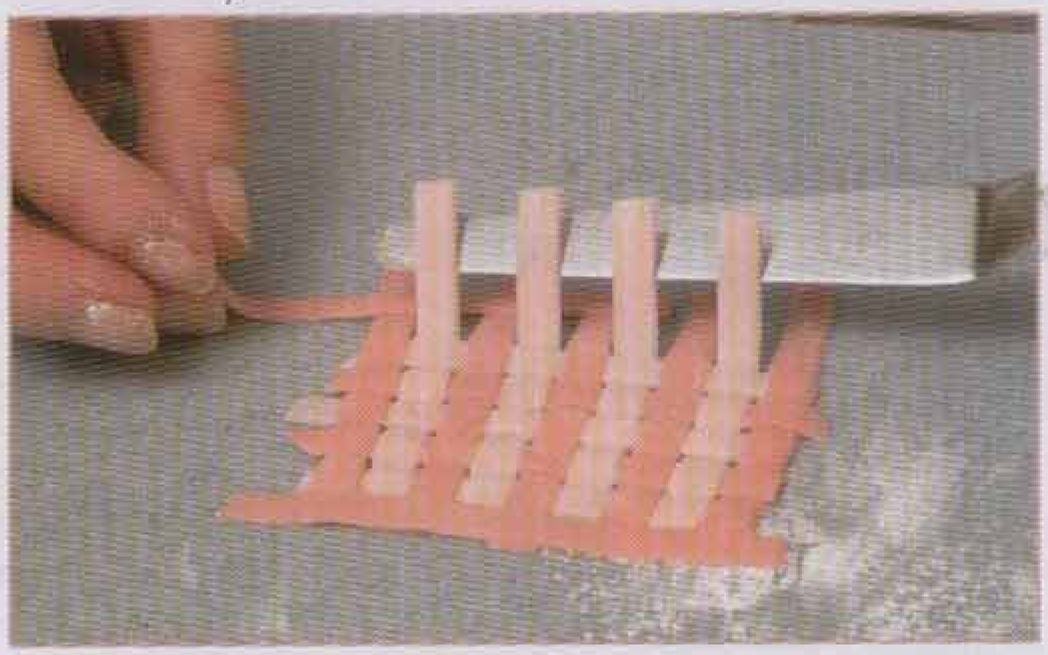
15 Colour the flowerpaste in two shades of the base colour. Roll out very thinly and cut out several narrow ribbons with the strip cutter. Place between two sheets of polythene to keep them from drying out.

Cake Tip

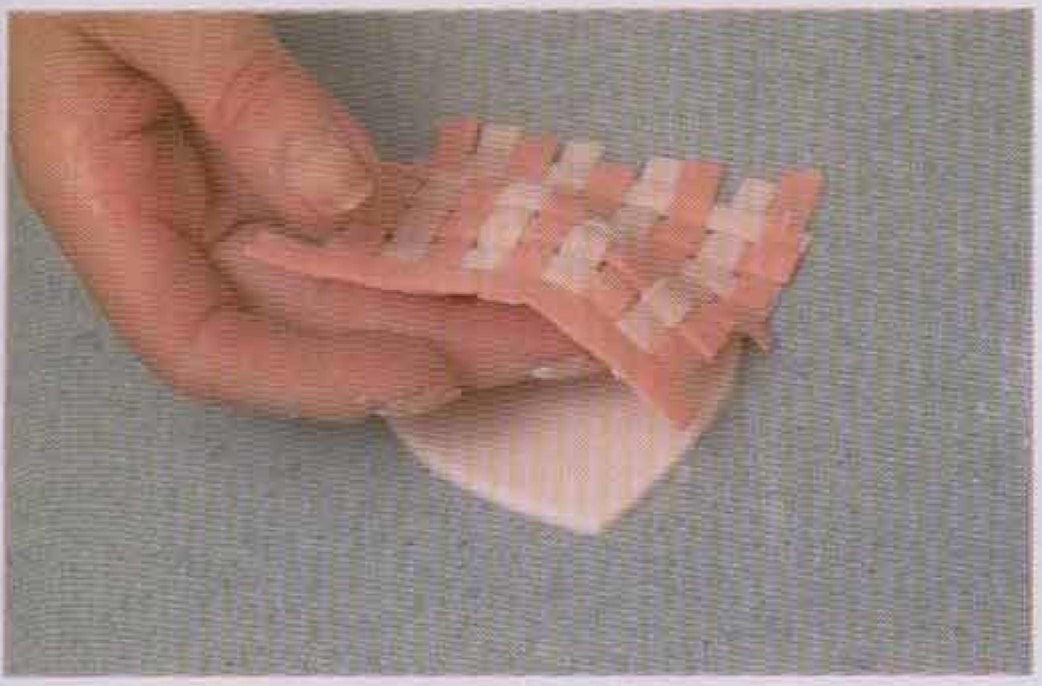
To roll out the paste as thinly as possible use a slightly greased board and knead extra fat into the flowerpaste to stop it from drying out.



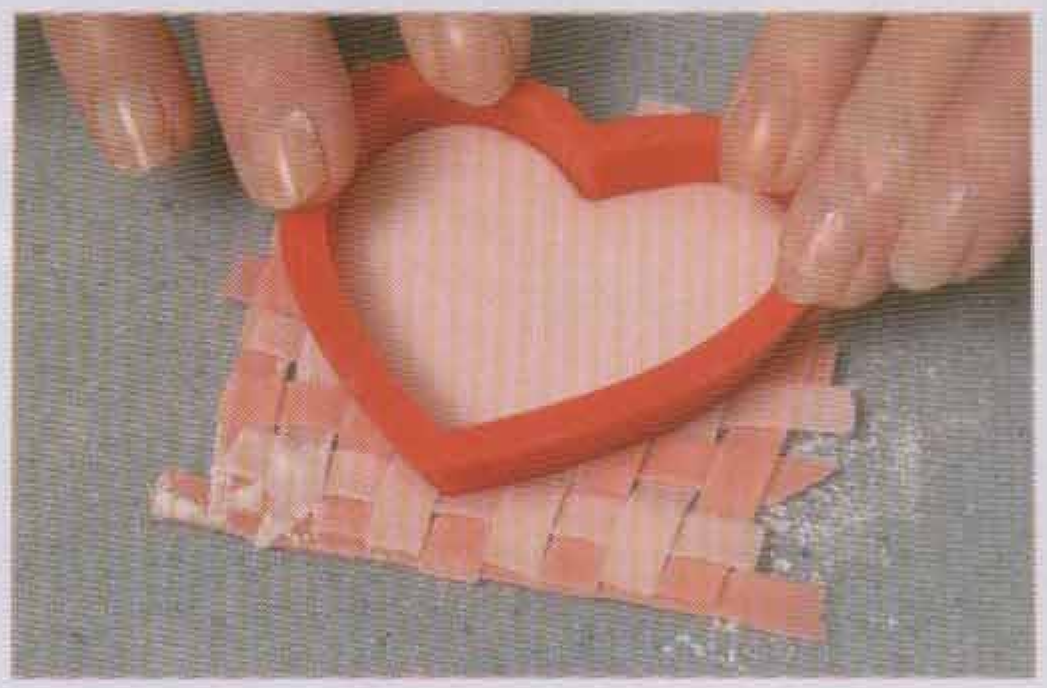
16 Place five dark strips of paste in a row, with four lighter ones in between. They should all touch. Lay a dark strip across the top and secure with edible glue, to keep the ribbons in place.



17 Lift the lighter ribbons with a cranked palette knife and slide a light ribbon underneath. Push it up to the top so that there is no space between the horizontal lines. Alternate the colours and continue to work down the ribbons.

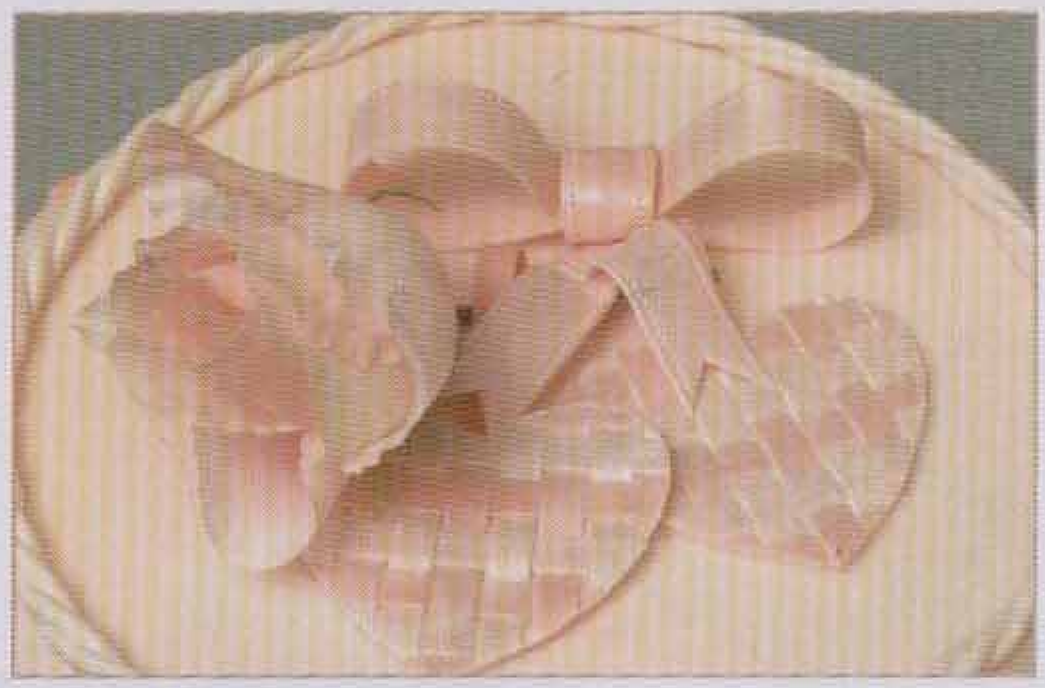


18 When you have completed the square, stick the woven pieces together by sliding the glue brush underneath each section. Brush a heart with glue and place the weave over the top.



19 Turn over and cut out with the heart cutter and when dry, brush with pearl dust. Curl three narrow strips over and secure at the ends. Slide onto doweling until dry and attach to the hearts.

20 Cut out several 1cm ($^1/_2$in) wide ribbon strips and dry them round a tube until dry. Stick them together in the centre; add a bulb of paste on top to lift the knot. Cover the centre with another piece of ribbon, and make two tails as shown.



21 Arrange the two larger hearts on top of the cake, with the stem of a flower threaded through. Add the bow and arrange the tails to cover the stem of the flower.

22 Make a smaller bow and place this and the small heart, on the board, at the front of the cake.

GOTHIC FLORA

L ORCHID

by Linda Wilson Barker

This dramatic contrasting of black and pink, highlighted by the subtle use of a very fine edible glitter would be a suitable choice of decorative floral creativity to grace any grand occasion for a modern younger woman.

YOU WILL NEED

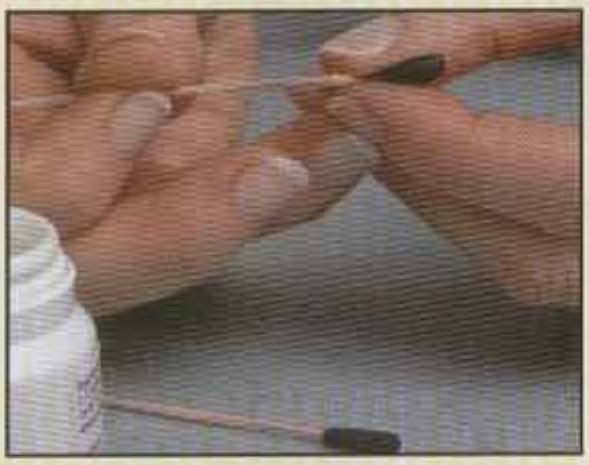
- ☐ fan shaped cake iced 20cm (8in) with pink sugarpaste (Renshaw) and trimmed with pink ribbon on a 30cm (12in) fan shaped drum board covered with jet black sugarpaste (Renshaw) and edged with pink ribbon
- ☐ sugarpaste jet-black 250g (8oz) (Regalice) (Renshaw)
- ☐ wires white 26 gauge
- ☐ pink floristry tape
- ☐ calyx cutter largest size*
- ☐ rose petal cutter smallest size*
- ☐ dresden tool T4 (JEM)
- ☐ veining tool T12 (JEM)
- ☐ ball bone tool*
- ☐ A4 softening pad *
- ☐ bright ideas glitter jet *
- ☐ piping tube number 1 (PME)
- ☐ piping bags
- ☐ royal icing
- ☐ palette knife
- ☐ small one-piece fan cutter*
- ☐ paste colours pink and liquorice (Sugarflair)
- ☐ lustre colour shimmer pink (Sugarflair)
- ☐ garrett frill cutter*
- ☐ non-stick rolling board and pin
- ☐ stitch marker wheel (PME)
- ☐ scissors
- ☐ tweezers
- ☐ stikki-stuff edible glue*
- ☐ flower and modelling mix*
- ☐ pizza wheel (optional)
- ☐ tool tidy (optional)*
- ☐ cel-stick (CelCakes)
- ☐ dusting brush and paint brush
- ☐ paint palette

*Sugarworks Fine Art

ORCHID COLUMN

1 Cut 2 short lengths of 26g white wire and tape together with pink floristry tape.

2 Mould a pea size sized piece of black flower paste into a cone, insert the glued wire into the narrow end and neaten the base. The column should measure approximately 1cm. Allow to dry.



ORCHID LABELLUM

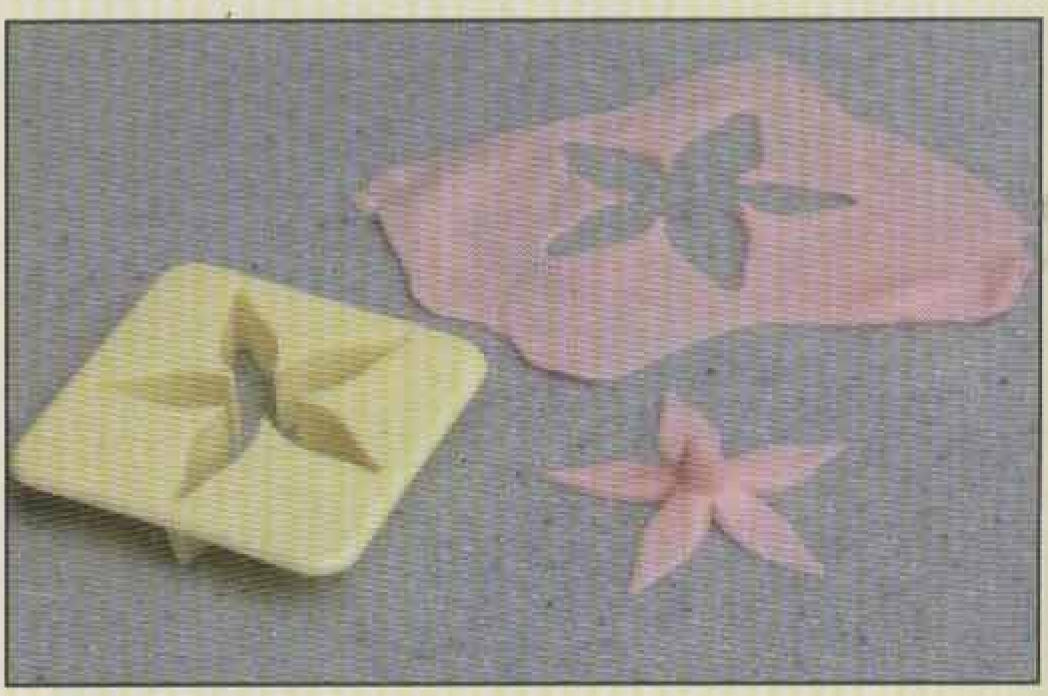
3 Roll out black flower paste thinly and cut out a small rose petal. Soften the edges with a ball bone tool on a softening pad.

4 Paint edible glue onto the pointed end of the petal and place against the base of the dry column. Stand in a tool tidy or suitable container to dry.

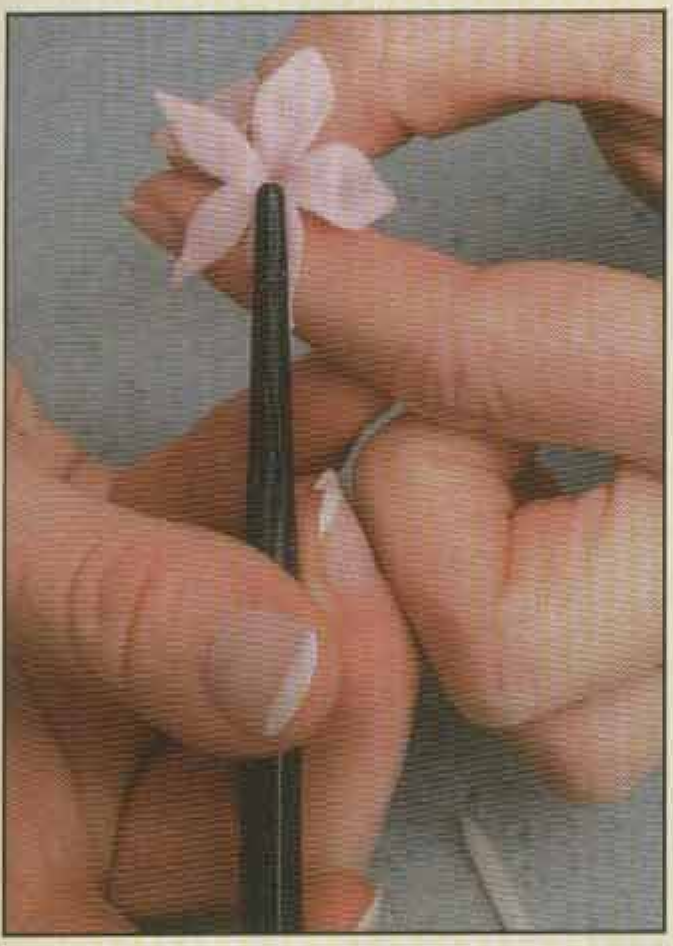
5 When dry, paint the lip of the orchid with edible glue and sprinkle with jet coloured glitter.

ORCHID SEPALS

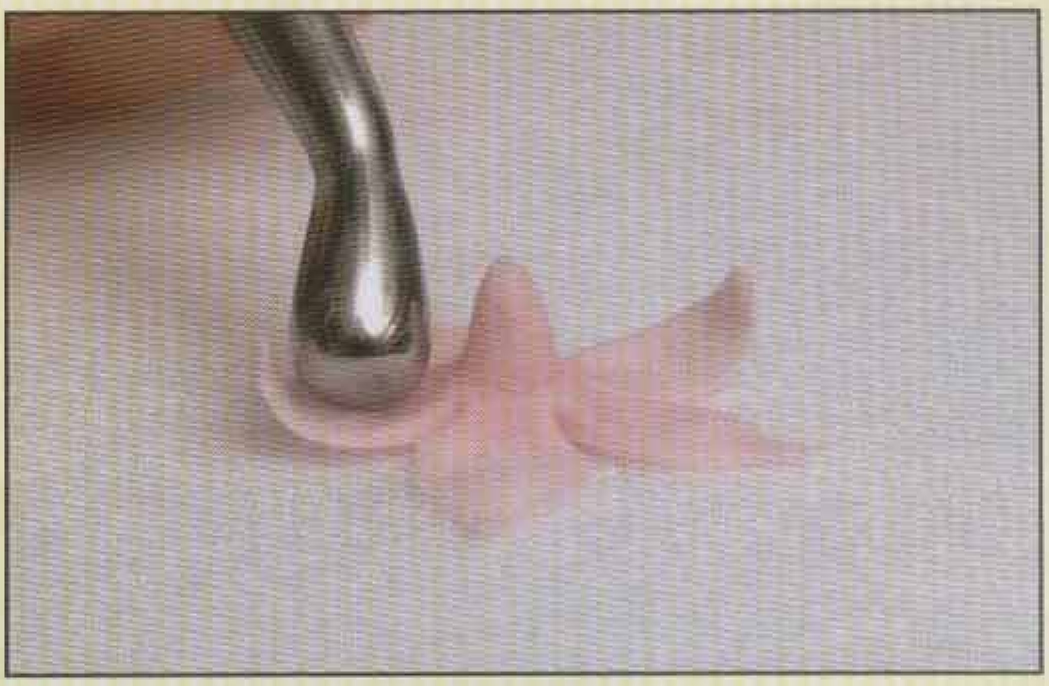
6 Mould a grape sized piece of pink flower paste into a ball and place over the 4mm ($^{3}/_{16}$in) hole in the softening pad. Push firmly with the end of a small rolling pin. Remove the paste from the hole.



7 Place the paste onto a board and roll the paste thinly away from the centre. Cut out a calyx shape and remove.



8 Make a small hole in the calyx centre with a cel-stick. Roll back and forth across each sepal to texture and widen with the veining tool.



9 Place the calyx upside down onto the softening pad and carefully cup two opposite sepals. Turn the calyx over and cup the last three sepals, this produces two backwards facing and three forward facing sepals.

10 Dampen the inside of the hollow centre with edible glue and insert the dry orchid centre; place the lip face down over the two bottom forward facing sepals. Neaten the back and leave the flower to dry.

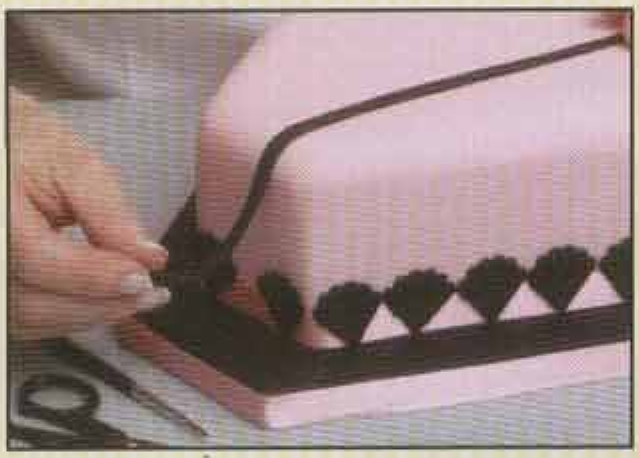
11 Dust the edges of the sepals with pink dust. Apply the dots or spots of black paste colour to the two backward facing sepals.

12 Cut out fan shapes from liquorice coloured flower paste and leave to dry. Once dry, paint with edible glue and sprinkle with jet coloured glitter.

FAN SIDE DESIGN

13 Attach the dry fan shapes to the cake sides with edible glue. Only use two fans to the front of the cake and one fan to each scallop at the back of the cake.

14 Knead together equal parts of black sugarpaste and liquorice coloured flower paste. Roll out to the length of the cake. Run the stitch wheel down the length twice; leave a 2mm ($^{1}/_{16}$in) gap between. Cut along the outside edge of each stitch mark and leave approximately 1mm.



15 Lift on to the cake and position the end at the centre front base of the cake. Attach with edible glue here. Trim the end at the back of the cake and glue.

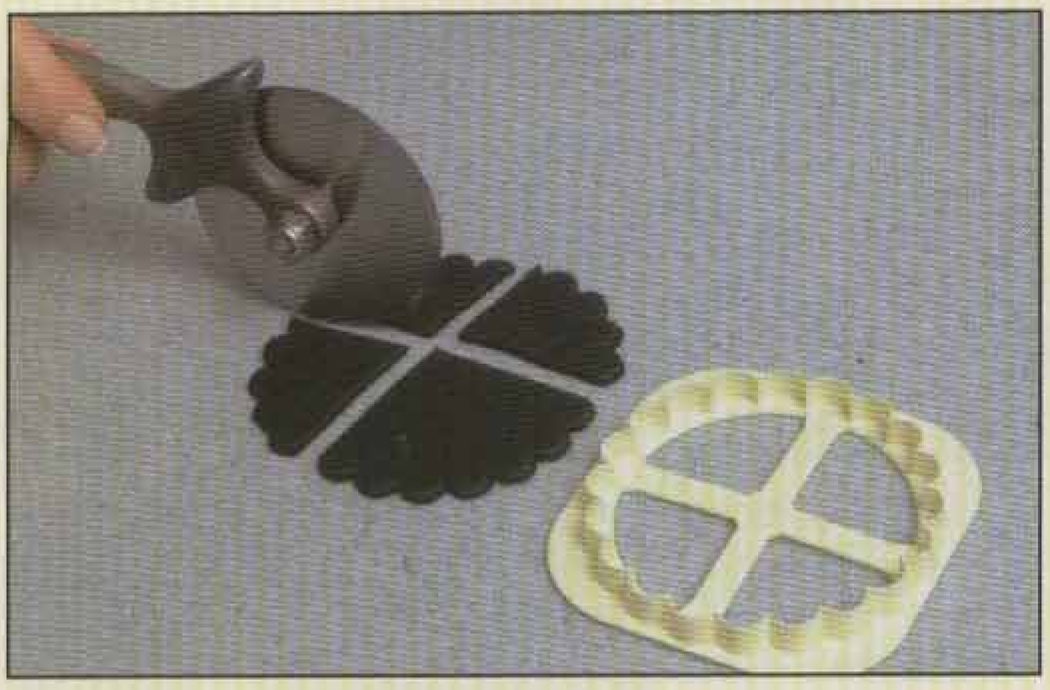
16 Cut out more lengths of ribbon and loop small lengths to the base of each ribbon at the back and front of the cake close to the board.

17 Tape together several orchids in two sprays with half width pink floral tape; position on top of the cake.

Cake Tip

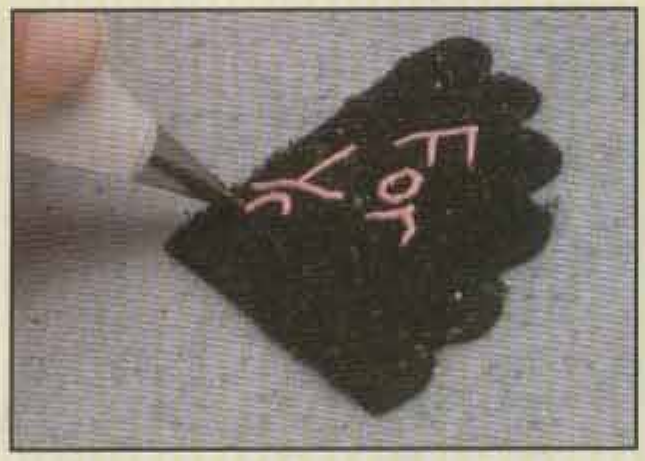
CRAFT & DECORATION

Use this cake design in three different sizes as a wonderful wedding cake on a stainless steel stand. This combines modern design flair and techniques with traditional flower making skills.



18 Roll out the black paste mixture to approx 1mm ($^1/_{32}$in) thick and cut out with a garrett frill cutter. With the pizza wheel cut out a fan shape. Paint the large fan shape with edible glue and sprinkle with jet glitter.

19 Cut out lengths of the sugar ribbon and loop around the base of the orchid sprays; secure with edible glue.



20 Pipe the chosen words onto the fan with a number 1 tube and pink royal icing. Attach the fan gift tag to the cake top with royal icing.

Cake Tip

CRAFT & DECORATION

You can vary the words on the gift tag to suit the occasion for which the cake is used i.e. For you: Happy Birthday: New Baby etc.

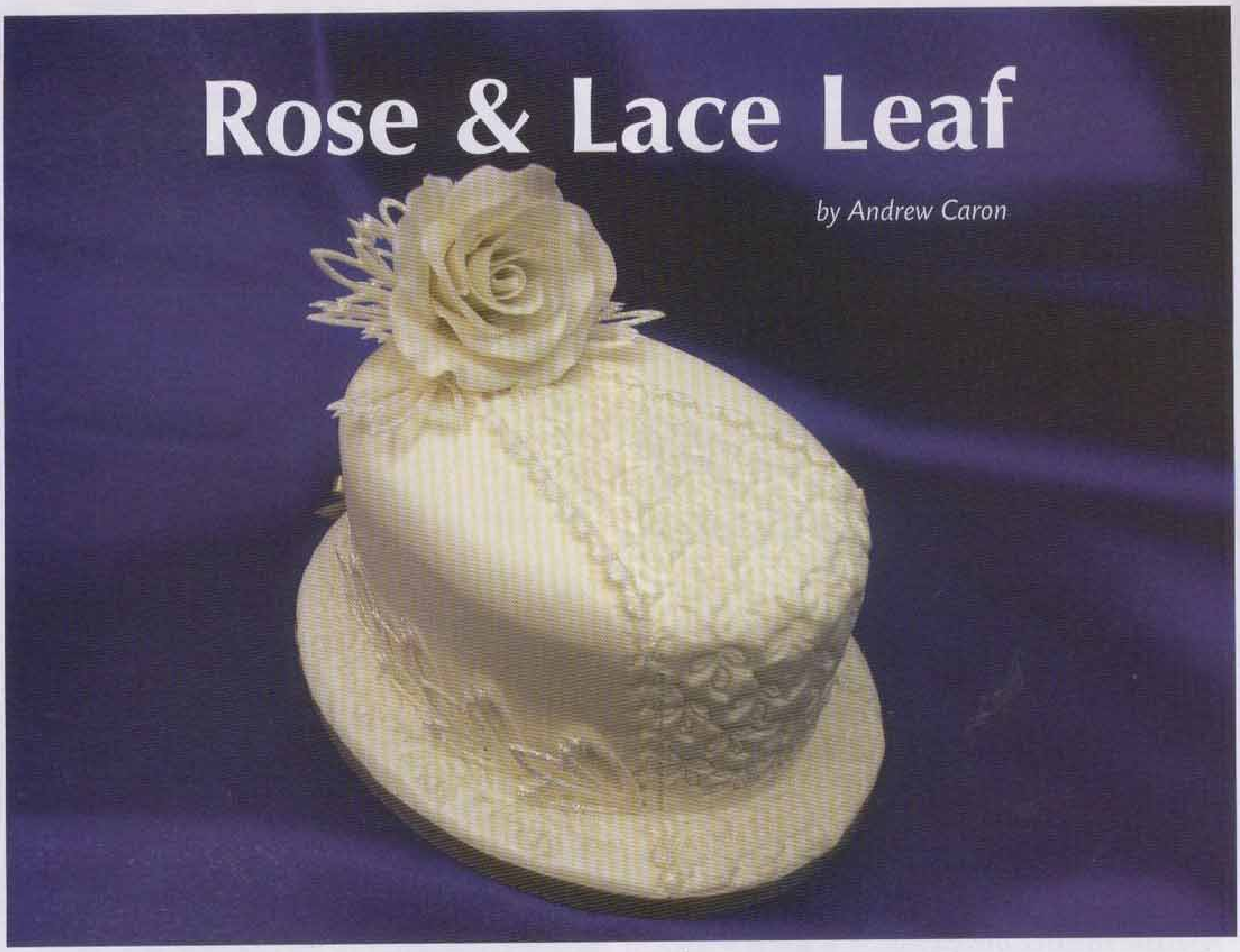
Picture Gallery

Glenys Cooper of Hawarden was awarded a bronze medal at the Welsh International Salon Culinaire held in Llandudno, with this lantern spray in the floral sugarcraft section. It was the first time she had entered a competition on floral sugarcraft. Glenys has attended various cake decoration courses and is a member of her local sugarcraft guild. Well Done Glenys and we look forward to seeing more of your work.

Yoshiko Saito one of our Japanese readers has sent these pictures from the Japan Cake show-the biggest in Japan- and covers every aspect of sugar art from cookies and grand gateaux to wedding cakes. The Eiffel tower is completely made from royal icing, a difficult piece to achieve. The three-tier lace filigree wedding cake with a Christmas theme shows incredible skill. Congratulations to all who took part and for sharing your talent with us.

Rose & Lace Leaf

by Andrew Caron



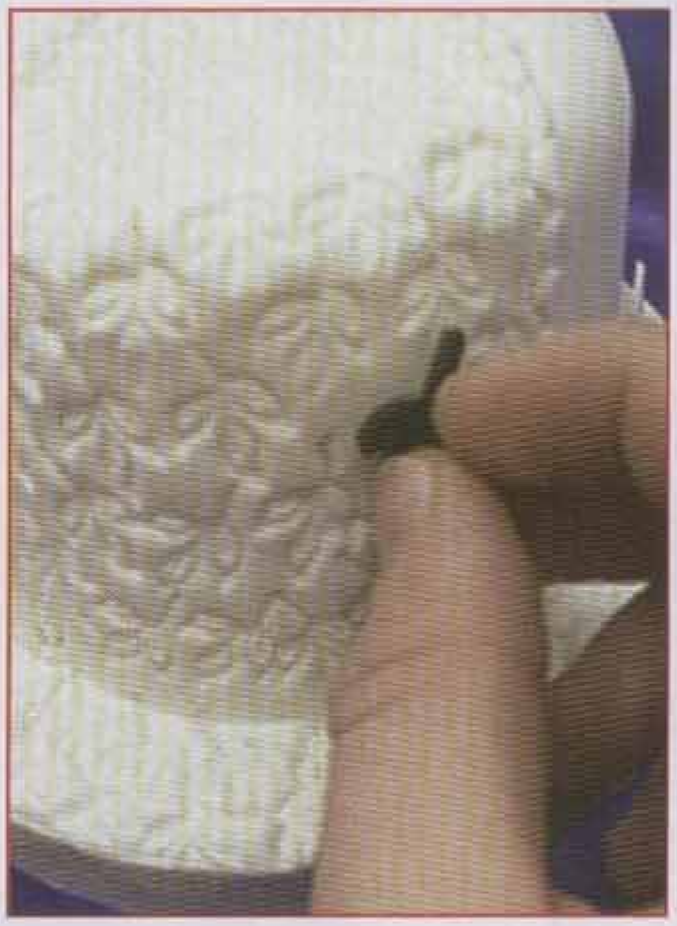
This quick, easy to achieve cake with maximum effect is simple to adapt to suit the occasion, by changing the colour of the rose and painting the lace leaf.

Fun with Sugar this month was submitted by Andrew Caron
Cascade Supplies
3 Earl Road, Mold, CH7 1AJ
Tel: 01352 752363

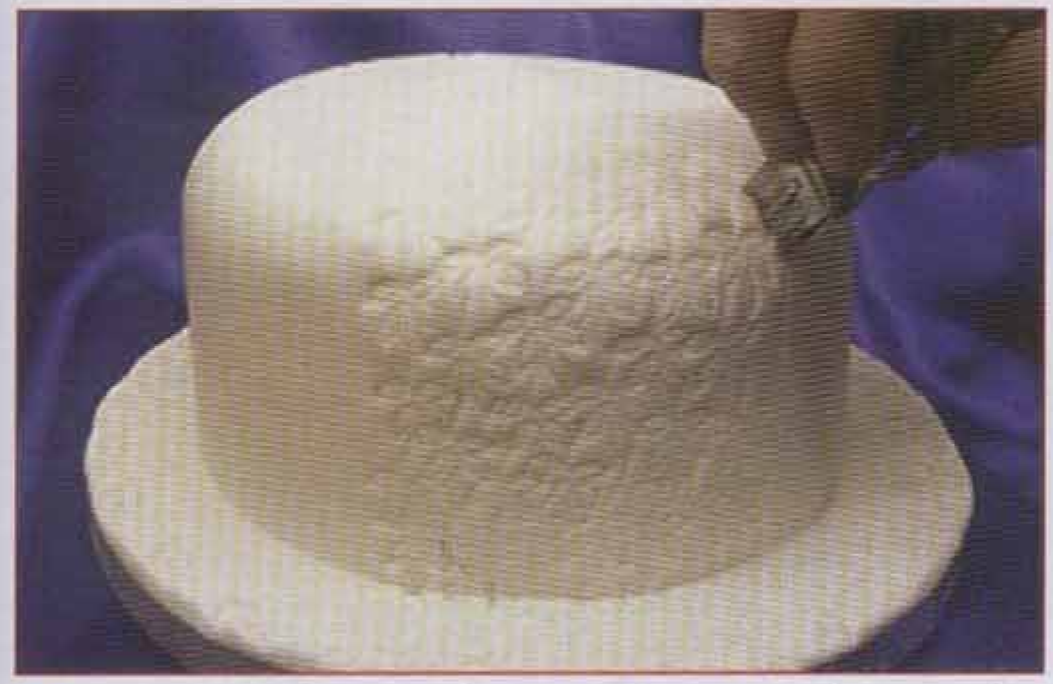
YOU WILL NEED

- cake oval 15cm (6in)
- board oval 20cm (8in)
- marzipan 500g (1lb)
- sugarpaste 500g (1lb)
- mexican paste
- apricot glaze
- 5 petal rose cutter (FMM)
- blossom and leaf (Patchwork Cutters)
- lace leaf LL1-LL4 set (Orchard Products)
- side smoother, super smoother and broad curve top edger (Edger's)
- open scallop-serrated crimper (PME)
- dusting powders white satin and disco orange (EA)
- clear alcohol
- paint brushes numbers 10 and 3
- gold ribbon

1 Brush the cake with boiled apricot glaze. Roll marzipan out on icing sugar. Smooth the marzipan to the cake with your side smoother and super smoother for the top. Finish off the top curve with the broad curve edger. Allow to firm for 24 hours. Brush the cake with the alcohol and repeat with the sugarpaste.



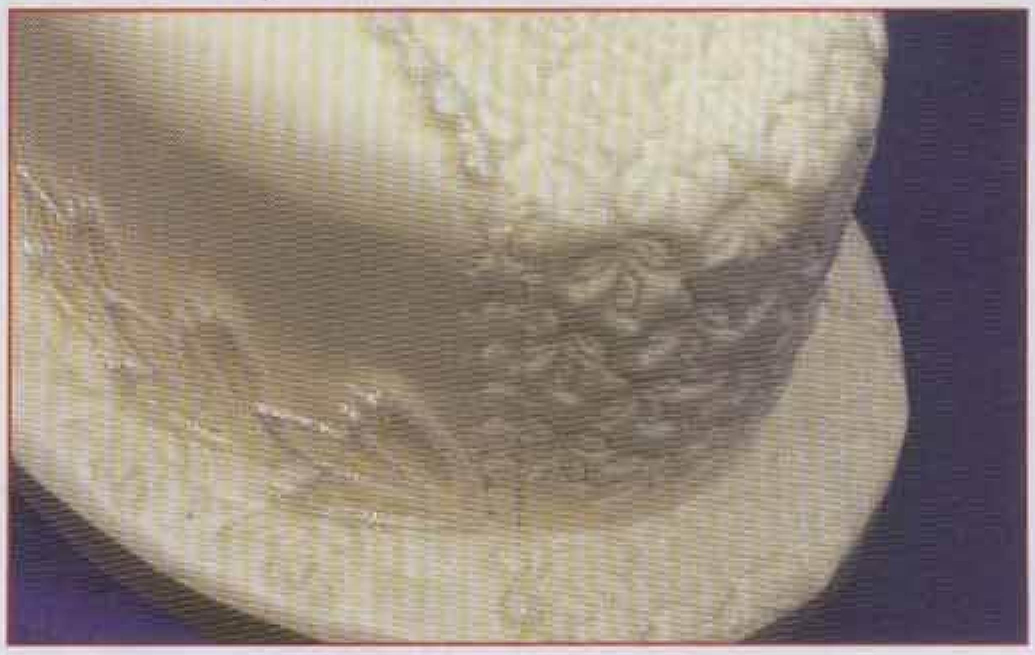
2 Measure the oval cake in half, lengthways. Then mark the top and bottom of the cake. At one side measure 2in either side of the centre mark. With a straight edge mark from the top to the 2in mark, either side of the central point, you should end up with a "V" shape.



3 With the small trio leaf cutter, emboss over the central piece randomly. Crimp either side of the embossed area. Dust the central section with platinum gold dust and a number 10 brush.

4 Roll out thinly a small quantity of mexican paste. With the lace leaf cutter, cut out approximately 35 pieces and leave to dry. Place the dried pieces around the base of the cake. Mix disco orange with alcohol and paint each piece with a number 3 paintbrush.

5 Cut out the rose petal layer and wrap each of the five petals around a dried rose cone. Repeat until you have a rose the size you would like (this could take three layers). Allow the finished flower to dry and attach with a little royal icing and place 8 dried lace pieces around the rose as shown.



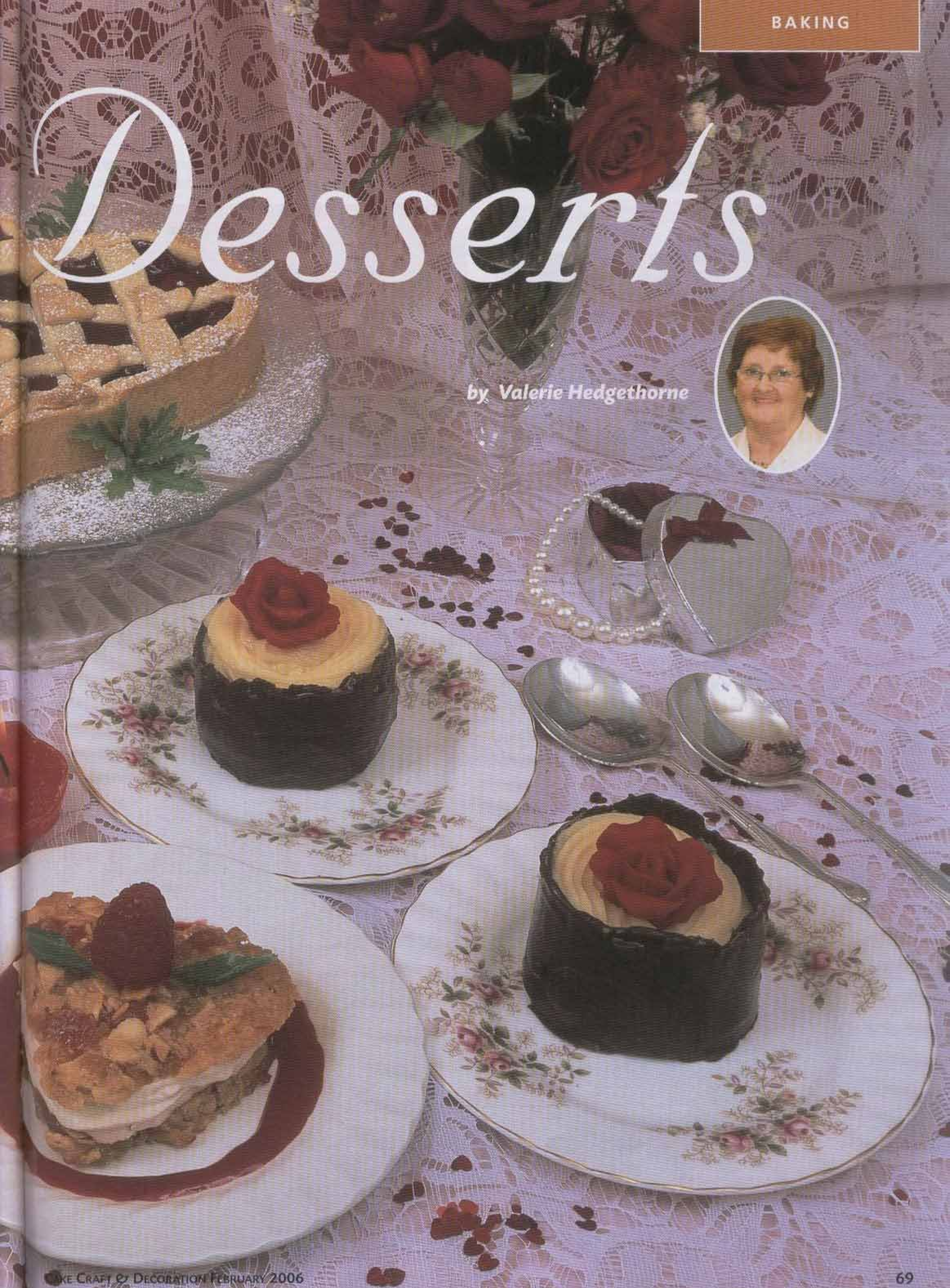
6 Attach gold ribbon onto the board edge with double-sided tape. There you have it - the perfect cake for that special occasion.

Romantic

A romantic dinner for two on Saint Valentine's Day would not be complete without the perfect dessert. Here are some delicious and attractive ideas for that, or any other special occasion.

Desserts

by Valerie Hedgethorne



Cheesecake Hearts

Makes 6

Individual heart-shaped cheesecakes, made easy by the use of a commercial lemon jelly. The base is deeply chocolate which complements the lemon mixture. The tiny chocolate hearts and piped initials accentuate the romantic look.

You will need the Wilton heart mini cake tray of 6 hearts, or alternatively individual heart tins, or round 10cm (4in) tart tins. The mixture fills all the tins although you will only need to decorate two. A small heart cutter is optional.

Ingredients

Base

- 110g (4oz) chocolate bourbon biscuits
- 50g (2oz) butter
- 25g (1oz) caster sugar

Cheesecake

- 1 lemon jelly tablet
- 150ml (5 floz) water
- 1/2 lemon - zest and juice
- 200g packet Philadelphia cream cheese
- 100ml (4 floz) double cream

Decoration

- 50g (2oz) plain chocolate

Method

1 Cut bake-o-glide or baking parchment to the exact size of the base of the tins. Press pieces of cling film into the tins to line them and place the cut-out shapes on top of it in the bases.

2 Melt the butter. Crush the biscuits finely and mix with the sugar into the melted butter. Press into the bases of the tins and chill in the refrigerator.

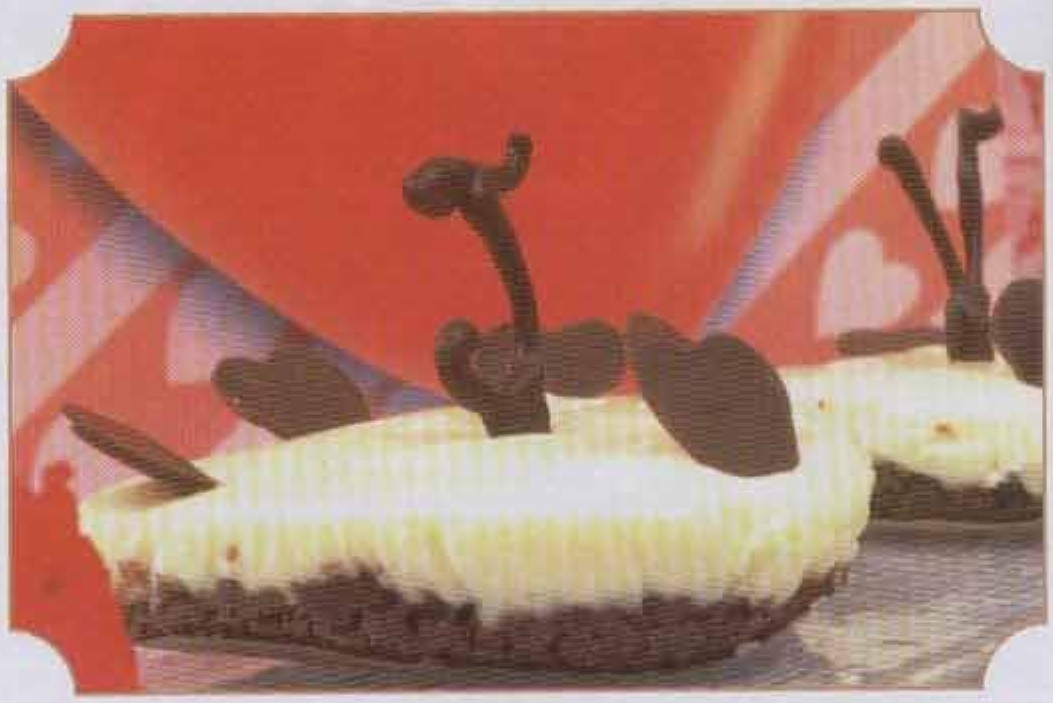
3 Melt the jelly in only 150ml (5 floz) boiling water, stir to melt, add the grated lemon zest and the juice of the half lemon.

4 Leave to cool until just beginning to set.

5 In a bowl beat the cheese, lightly whip the cream and fold it into the cheese. Gradually stir in the cool jelly.

6 Pour into the tins and put in the refrigerator to set.

7 Decoration; Melt the chocolate. Using a small paper piping bag, onto bake-o-glide pipe the required initials, giving them a short 'stem' so that they can stand upright in the finished cheesecake.



8 Spread the remaining chocolate onto bake-o-glide and when it is set cut out hearts with a small cutter (alternatively, pipe small hearts with the paper bag).

9 When the cheesecakes are set, lift them out of the tins and carefully remove the cling film and base lining.

10 Place on serving plates and decorate with the initials and chocolate hearts.

Other flavours of jelly such as oranges or lime can be substituted for the lemon.

Chocolate Cups

with white chocolate mousse filling

These cups are truly for chocolate lovers, which is appropriate as it is said to be an aphrodisiac. They must be small, as they are rich to eat, although the fruit in the base counteracts the sweetness. Choose a good quality chocolate.

You will need a sponge paint roller refill, approximately 18cm (7in) long x 6cm ($2^{1}/_{4}$in) diameter (bought from a hardware shop), and a large piping bag with a star tube.

Ingredients

Cups

200g plain chocolate (at least 70% cocoa mass)

Note: not all this chocolate will be used for two cups, but is required for dipping

Filling

1 small can peaches (213g) or 1 large fresh peach

75g (3oz) white chocolate

25g (1oz) unsalted butter

4 tablespoons double cream

Decoration

50g (2oz) marzipan

red food colouring

Method

1 Make the cups: Cut the sponge roller into three and wrap two in clingfilm from the flat base to the top, twisting it to enable it to be lifted.

2 Melt the chocolate in a narrow container. This can be done in the microwave in 40 second bursts, until just melted and below blood heat.

3 Have ready a piece of bake-o-glide or parchment paper. Dip the sponges into the chocolate to come $^{2}/_{3}$ up the sponge. Allow some chocolate to drip off then stand to set.

4 When completely set, gently ease out the sponge, holding it by the clingfilm top. If the chocolate is rather thin or cracks, dip a second time.

5 Make the filling: melt the white chocolate with the butter, lightly whip in the cream. Cool until thick enough to pipe.

6 To assemble: Drain the canned peaches and dry them. Cut into small pieces (or peel and chop the fresh one).

7 Half fill the bases of the cups with the peaches, then pipe the chocolate mousse on the top.

8 Decoration: colour the marzipan red and make two small roses. Place one on the centre of each dessert.

When the unused chocolate is set wrap it and store it for another purpose.

Florentine Hearts

Makes 3 complete desserts

Florentines are very delicious, and here are made into a superb dessert. They sit in a ring of raspberry coulis, some of which is also marbled through the cream. The biscuits are coaxed into a heart shape for the occasion, but can be left as rounds at any other time. The mixture makes six biscuits but only four will be needed for the two desserts.

You will need a baking tray covered with bake-o-glide, A heart cutter measuring approximately 9cm (3$^1/_2$in) across the width, and a piping bag with a star tube.

Ingredients

Florentines

- 25g (1oz) unsalted butter
- 40g (1$^1/_2$oz) caster sugar
- 25g (1oz) plain flour
- 25g (1oz) flaked almonds
- 65g (2$^1/_2$oz) mixture of glacé or candied fruits such as cherries, mixed peel, pineapple, ginger, angelica
- 2 tablespoons double cream

Coulis

- 75g (3oz) raspberries (fresh or frozen)
- 65g (2$^1/_2$ oz) icing sugar

Filling

- 200ml (7fl oz) double cream

Method

1 Heat the oven to Gas 4/180°C/350°F. Cover the baking tray with bake-o-glide or parchment paper.

2 In a small pan melt the butter, stir in the sugar, then the flour.

3 Crush the almonds slightly, chop the chosen fruits, add to the pan with the 2 tablespoons cream. Leave to cool for 2 - 3 minutes

4 Put one-third of the mixture in two mounds on the baking tray, well apart.

5 Bake for 10 minutes until pale golden then remove from the oven and shape into hearts, using the cutter to get a good shape.

6 Return to the oven to become a good golden brown. Reshape a little if necessary. Note: they may release some fat onto the tray but this does not matter.

7 Leave for a few minutes to cool before removing them from the tray.

8 Repeat with 4 mounds of the remaining mixture.

9 Coulis: Reserve 2 raspberries and purée the remainder with the sugar then sieve it. Using abut half, make a border of purée on each serving plate.

10 Lightly whip the cream and fold in 1 - 2 tablespoons of purée.

11 Place a biscuit on each plate, pipe the raspberry cream on each and cover with another biscuit.

12 Top with a raspberry, also pieces of angelica if available.

The biscuits can be made ahead of time and kept airtight, to be assembled on the day.

Cherry Tart

A heart-shaped tart filled with red cherries and marzipan makes a wonderful ending to a Valentine's meal. The pastry is really melt-in-the-mouth and is destined to impress.

You will need a heart-shaped flan ring measuring 20cm (8in) across its widest part, or a 20cm (8in) round flan tin. A small heart cutter helps to make a pretty decoration.

Ingredients

Pastry
225g (8oz) plain flour
150g (5oz) butter
50g (2oz) caster sugar
1 egg yolk
2 - 3 teaspoons water
Filling
1 400g can red cherry pie filling
50g (2oz) marzipan

Method

1 Have the butter at room temperature. Sift the flour onto the work surface and mix in the sugar. Make a well in the centre and put in the butter, egg yolk and the water. With the fingertips of one hand incorporate these into the flour, using a palette knife in the other hand to help keep it all together.

2 Form the dough into a ball, knead it very lightly, cover and leave in the refrigerator for at least 15 minutes.

3 Heat the oven to Gas 5/ 190°C/375°F. Grease the flan ring and baking tray.

4 Roll out three-quarters of the pastry to line the flan ring, making the sides fairly thick. Reserve the trimmings.

5 Cut the marzipan into small pieces and arrange them over the base of the pastry. From the can of cherries remove 3 - 4 tablespoons of the thick syrup, and pour the rest of the contents over the marzipan. If all the liquid were to be added it may boil up too much and spoil the appearance.

6 Roll out the remaining pastry, cut into strips to make a lattice on top of the cherries. Cut out small hearts to give further decoration.

7 Bake for 30 minutes or until the pastry is golden brown.

8 Allow to cool and dust with icing sugar.

Read the Food Facts page for more information about the sweet pastries.

Sweet Pastries

by Valerie Hedgethorne

Following on from January's food facts on the art of pastry making, this month the topic is specifically about the sweet pastries which are the basis of cakes and desserts.

The difference between plain short pastry and sweet pastries is that ordinary short crust pastry contains only half fat to flour and no sugar, in the sweet ones there maybe as much as half sugar to flour and butter is used instead of margarine and white fat. Sweetening is not the only reason that a high proportion of sugar is added; it imparts a little shortening, colour and a longer storage life.

These sweet pastries are known by the french name pâte sucrée, literally sweet paste, however there are variations in the recipe, some having a different name.

Generally they are used for flan cases and tartlets because they are both crisp and short at the same time, as well as tasting delicious.

The secret of success lies in the careful blending of ingredients and the lightness of handling.

INGREDIENTS

Because these pastries are for special dishes, care should be taken to select the right ingredients.

Flour - when making these at home we cannot obtain the same flour as commercial bakers, but a good quality plain flour is the one to choose.

Fat - butter is preferable, not only for its flavour, but because it is more plastic than margarine and can be handled better. There is always at least half fat to flour, up to two-thirds. It should be at room temperature.

Sugar - either caster or icing sugar can be used; the finer the sugar the more melt-in-the-mouth the pastry will be, but if it is to be used for lining flans, icing sugar may cause the pastry to spread a little. The quantity can be from a few teaspoons up to two-thirds of the flour, depending on the recipe.

In the simplest method where sugar is added to a rubbed-in mixture, the sugar should be dissolved in the liquid first, otherwise dark spotting could occur on the baked surface due to the browning of undissolved sugar crystals.

Eggs - in the richest of these pastries egg is the only binding ingredient. In some cases only yolks are used, however some recipes use the whole egg. One whole egg is the equivalent of two yolks.

Water - the less water used to bind, the shorter the resulting pastry. There is none in the richest pastries,but in the less rich versions a very little water is used for economy of egg.

METHODS

There are different methods of mixing, depending on the recipe i.e. the proportion of fat to flour, and other ingredients.

1. Sweet shortcrust - this is just a variation of shortcrust pastry made by the rubbing-in method, but preferably using butter and the sugar is dissolved in the liquid i.e. water and/or egg.
2. Creaming method - not often used as it makes rather an aerated mixture resulting in a more cake-like texture.
3. Classic method - this is the one always used for the richer ones. Flour is sifted onto a marble slab or board, a well is formed into the centre, and into it are put small pieces of butter together with sugar and whole egg or egg yolks. These are blended together in the well before the flour is gradually drawn in using the fingertips of only one hand, a palette knife in the other hand can help to stop the flour spreading too far. When all the flour has been drawn in, it should be lightly kneaded with the 'heel' of the hand on the work surface; this kneading is known as frisage.

Too much kneading will result in a sticky paste, requiring more flour, which would spoil it. The dough must be rested in the refrigerator for at least 1 hour - more if possible. Well wrapped it will keep in the refrigerator for several days.

The different pastries are usually called by their french names.

PÂTE SUCRÉE is sometimes called pâte sablée, meaning sandy paste because of its grainy texture in mixing. We often refer to it as sweet flan pastry.

PÂTE FROLLE - almond pastry, containing ground almonds. These can be up to half the quantity of flour.

BAKING

Because of the high proportion of sugar in the sweetest ones, they are baked in a moderate oven. Too low a temperature will have the effect of melting the fat before the starch grains burst and any shape will be lost.

SPECIAL POINTS

1. Follow the guidance for general pastry making.
2. Allow at least one hour for the pastry to chill in the refrigerator.
3. If it has chilled until hard, allow it to soften at room temperature for a few minutes before using.
4. Use fingertips only when mixing.
5. Pâte sucrée can be a little difficult to handle but any tears are easy to patch.
6. Don't overbake or it will burn because of the high sugar content.

The richer sweet pastries are so delicious, they make any cake or dessert really special.